HEALTH-CARE VISION
MORE PROCEDURES SHOULD BE DONE IN CLINICS: LIBERALS {page 3}

MEAN GIRLS, BULLY BOYS
THE STRUGGLE TO FIT IN

{page 8}

TORONTO metro®

Tuesday, January 31, 2012
www.metronews.ca
News worth sharing.

Daring. Photography

▶ High above the streets of Toronto, Tom Ryaboi peers out at the city.

TOM RYABOI/BARCROFT MEDIA/LANDOV

Local shutterbug seeks thrilling work

Dangerous and daring, the growing craze of "rooftopping" photography has a number of dedicated few "rooftoppers" determined to climb to the top of every skyscraper in their city, hang off the edge and photograph the evidence as proof. Toronto resident Tom Ryaboi, 27, is one of the most notable exponents of this growing movement. He has climbed more than 100 buildings.

TTC chair's spunk wins some praise

Stintz says she believed she had some support in the mayor's office for her plan, but compromise 'wasn't there'

Is TTC chair Karen Stintz committing political suicide or laying the foundation for a future run at the mayor's office?

That question has been circulating around city hall for the past week, ever since Stintz went public with her doubts about Mayor Rob Ford's transit plan.

Suddenly politicians from all corners of council, including Stintz's usual opposition on the left, are hailing her courage for speaking openly about the problems with Ford's underground transit plan.

Meanwhile, former Ford chief-of-staff Nick Kouvalis is suggesting that Stintz is being played by provincial Liberals seeking an excuse to wiggle out of their commitment to $8.4 billion in Toronto transit funding.

"The commission can move a motion to have me removed at the March meeting, but I haven't heard they're going to do that."
KAREN STINTZ, ACKNOWLEDGING THE OTHER EIGHT COUNCILLORS ON THE TTC BOARD CAN REMOVE HER

"Karen is pushing a proposal that she believes will secure the Eglinton line, but she's sowing confusion with the province. If Karen is successful, that will allow the province to delay because it has serious debt and deficit problems," he told the Toronto Star's David Rider.

Stintz was adamant Monday that she has no interest in being mayor.

So what was she thinking when she spoke out against the mayor's own policy?

"We're elected to make decisions on behalf of everybody in the city, and if we only have so much money, we need to make sure we spend it in the best way we can," she said.

TORSTAR NEWS SERVICE

The mayor's take on transit {page 3}

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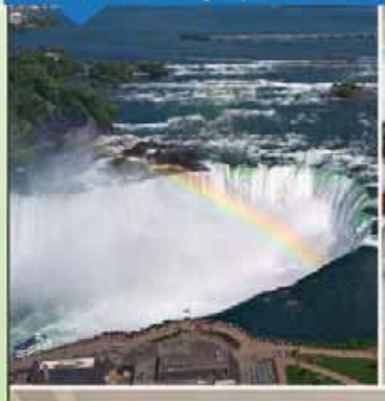

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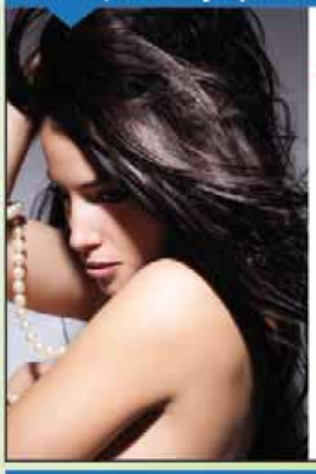

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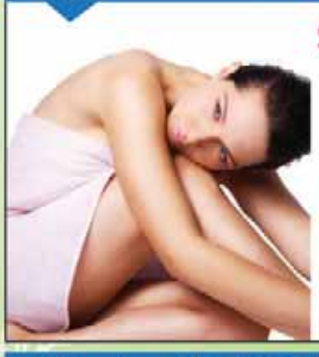

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Taxpayers want subways, Ford says

STEVE RUSSELL/TORSTAR NEWS SERVICE

▶ Mayor Rob Ford

Mayor Rob Ford denies that he was out of bounds when he unilaterally cancelled Transit City and made a deal with the province to pursue a new underground transit plan on Sheppard and Eglinton Avenues.

"I didn't overstep my boundaries, I did what the taxpayers want. They want subways. That's it. They don't want streetcars. I was out in Scarborough over the weekend, people came up to me and said they want subways. That's it," Ford told reporters at the weekly weigh-in for his weight-loss program.

His comments came in the wake of a report by a lawyer who is an expert in municipal governance. It says the mayor didn't have authority to cancel the Transit City light rail plan without city council approval. Nor was it within his authority to sign a non-binding memorandum of understanding (MOU) with the province pursuing an alternative transit plan, said Freya Kristjanson, who was asked for her legal opinion by Coun. Joe Mihevc (Ward 21, St. Paul's).

Ford would not say whether his transit plan — which calls for burying the east end of the Eglinton light rail line and building a subway rather than surface light rail on Sheppard Avenue East — would win council support.

TORSTAR NEWS SERVICE

Grits want to ease burden on hospitals

Clinics could do more X-rays, ultrasounds, dialysis, mammograms, and MRI and CT scans, officials said

Ontario's Liberal government wants more routine medical procedures performed in not-for-profit clinics instead of in more expensive hospitals, Ontario Health Minister Deb Matthews said Monday in Toronto.

It would be more cost effective and result in better patient outcomes if some procedures were done in a non-hospital setting, Matthews said in a speech to the Toronto Board of Trade.

"If we can get faster access for patients, if we can get high quality at a lower cost (and), take pressure off hospitals so they can use those operating rooms for procedures that do need to be done in hospitals, then this is the way to go," she said.

The Ontario Medical Association, which represents doctors, said physicians could do procedures, such as colonoscopies, cataract surgery and some knee operations, in clinics instead of hospitals.

"Cataracts is a good example where with volume they can decrease the cost per procedure and then reinvest that money into other health-care agenda items," said OMA President Dr. Stewart Kennedy.

TORSTAR NEWS SERVICE

LHINs

- The Liberals' action plan to rein in health-care spending also includes more power for Local Health Integration Networks, said Matthews.
- The LHINs, which administer funding to hospitals and community care access centres and to co-ordinate health care in each region, will be given responsibility for family doctors as well.

COLIN MCCONNELL/TORSTAR NEWS SERVICE

▶ Ontario Health Minister Deb Matthews was at Toronto Hilton Hotel Monday to unveil the McGuinty government's action plan to transform health care for families in Ontario.

1 news

From nuclear terrorism to personal theft, Indy battens down hatches for Super Bowl. Scan code for story.

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2012: The year of the Kentucky fried winter

Thanks to the jet stream, almost the entire continent is warmer and drier this season But the absence of a cold snap has a ripple effect

DAVID COOPER/TORONTO STAR

▶ Scott Raymond and his niece Tiana Raymond, 7, enjoy a hot chocolate while Tiana take pictures of the Leuty Lifeguard Station at Kew Beach.

Toronto is having a Kentucky kind of winter.

Since October, the city has seen just 20.6 centimetres of snow and had only 12 days of temperatures below freezing, about one-third of the usual average on both counts.

David Phillips, senior climatologist at Environment Canada, says that under ordinary circumstances, this winter would be similar to those in eastern Kentucky. But even Kentucky is not having a typical winter, he says. It's warmer than usual — another North American town affected by a jet stream that has moved farther north this year.

Usually, the jet stream looks like a snake on a weather map, with the areas above it blasted by Arctic air and the areas below basking in warmer air from the south. This year, the jet stream is taut across the country, from northern B.C. to Labrador, Phillips says, which means less snow and warmer temperatures across the continent.

As the month winds down, here's a look at how the jet stream is affecting different sectors:

• Winter tires

In previous years, the staff at Rim and Tire Pro in North York would change their voicemail to urge people to keep calling until they get through. This year, they've done only half the business they did last year. The winter season represents 65 to 70 per cent of annual income. Luckily, people who put on winter tires no matter what have kept the company alive.

• Skiing

At Uplands Golf and Ski Club in Thornhill, the snow machines have been running whenever conditions are right. The club has had to cancel only one day, but it is having a slower season, and the reliance on snow machines is driving up operating costs.

• Long underwear

The absence of a cold snap means mid-season shipments of thermal underwear are expected to be smaller at Stanfield's. "The effect will be more carryover (of inventory) and a commitment to less in the booking season," Jon Stanfield says, adding that Canadian retailers know the cold will always return.

• Construction

For members of Carpenters' Local 27, warm weather means smaller projects can continue through the winter. But for members who create winter enclosures for construction jobs, there is less of that kind of work.

• Snow clearing

The city budget for winter services is $82 million a year. November and December were mild in 2011, helping to save $3 million on last year's snow-clearing budget. January passed with a "limited number of salting events," says Peter Noehammer, director of transportation services. While the city saves on operating costs, it still has to pay standby fees so contractors are ready when winter hits. Noehammer estimates that January's mild weather will translate into $4 million to $5 million in savings.

TORSTAR NEWS SERVICE

CARLOS OSORIO/TORSTAR NEWS SERVICE

▶ A lineman for Toronto Hydro works downtown.

Toronto Hydro unveils blackout map

North York, northern Scarborough and the former City of York suffer the highest number of blackouts a year, Toronto Hydro says on its website.

"Roughly 250,000 residents (of those districts) experience at least one power outage, on average, every six weeks lasting longer than 50 minutes," the site says. About 40 per cent of the blackouts are caused by aging equipment.

See how your neighbourhood compares at torontohydro.com (click on Areas of Power Interruption).

TORSTAR NEWS SERVICE

Woman killed by ex-partner, police say

A woman discovered with a fatal gunshot wound to the head behind Dufferin Mall on Friday was killed by a man police beliebe was a former partner.

Police say Andrene Graham, 40, a mother of five, was shot by Paul Michael Black, 41, who died the next morning in an "interaction" with York Regional Police in Richmond Hill.

Graham was discovered bleeding from the back of her head in a lane near Chesley and Brock avenues at about 6:30 p.m. Friday. Police say she had been in a relationship with Black as recently as last July. She died later at St. Michael's Hospital.

Graham worked as a senior staffing consultant at Bagg Technology Resources, a human resources firm.

"She was a professional career woman, she was a single mother of five and she was well-connected in her church," said Garth Robb, an uncle.

Graham's children range in age from 8 to 18.

Police say Black faced outstanding domestic-crime charges, with Graham named as the complainant. On Friday, however, the couple met near 900 Dufferin St. It's not clear who initiated the meeting, police said.

After Graham was shot, according to police, it's believed Black fled the laneway.

The Special Investigations Unit is probing Black's death, which took place on Saturday at a park near Palmer and Lennox avenues in Richmond Hill.

According to a statement from the SIU, York police received a cellphone call from a male that was disconnected at about 6:30 a.m. The call was traced back to the Markville Mall, at Highway 7 and McCowan Rd.

A second call was received from the same man and was also disconnected.

The statement said there was an "interaction" between police and Black, who suffered a gunshot wound to the head. The Markham man was rushed to Sunnybrook hospital with life-threatening injuries and died shortly before 8:30 a.m.

The SIU investigates incidents involving police and civilians that result in death, serious injury or allegations of sexual assault. TORSTAR NEWS SERVICE

Teen boy accused in fighter's death

A 15-year-old boy faces a second-degree murder charge in the death of a mixed martial arts fighter who died while trying to stop an armed robbery in Brampton. Kearn Nedd, 28, died after he was shot at a charity poker tournament in April 2011. Police said they found the 9mm semi-automatic Berretta pistol used to shoot Nedd in a June raid in Mississauga. The teen will appear in a Brampton court on Monday. TORSTAR NEWS SERVICE

GO Transit commuters delayed

An equipment problem led to major delays Monday morning for commuters on the Stouffville GO Transit line. The issue meant the Lincolnville 7:07 arrived 72 minutes late at Union Station. The Lincolnville 7:42 was 28 minutes late after joining with the previous train and making double stops from Centennial to Union.

Meanwhile, GO's new Allandale station opened Monday in Barrie. It offers both train and bus service and has 150 parking spaces. TORSTAR NEWS SERVICE

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Gala goes for gold in raising money

- Motionball brings athletes and celebrities together
- Money will go to Special Olympics Canada

PHOEBE HO
FOR METRO

The celebrities attending the 11th annual Motionball gala Feb. 3 are going to have to share the spotlight this year — with the Special Olympic athletes the non-profit helps.

Motionball raises money and awareness for Special Olympics Canada (SOC), and this year's event at The Carlu ill focus on 21 Special Olympic athletes who will be at the celebration.

Large posters profiling the athletes — some of whom participated in the Special Olympics World Summer Games in Athens last year — will be showcased throughout the venue with trivia questions at the end to test motionball supporters.

"The idea is for our participants to go around the room and get to know our athletes," said Paul Etherington, one of the three motionball co-founders. "Whether they meet them in person or they look at these posters."

HANDOUT

▶ Motionball's founders: The Etherington brothers Paul, left, Sean and Mark.

Integrating Special Olympics athletes and supporters of the cause is at the core of motionball's mission statement and plays a large role in all the fundraising events the group organizes across Canada, says Etherington.

"It's all about levelling the playing field, putting them on the same pedestal as everybody else and creating relationships," he said.

Motionball was founded by Etherington and his two brothers, Mark and Sean, in 2001. The three spent much of their childhood volunteering their time at the Sports Celebrities Festival, co-founded by their parents, which raised more than $25 million for SOC.

HANDOUT

▶ Hip-hop DJ and record producer Skratch Bastid will be spinning dance-floor hits Friday night at the 11th annual Motionball gala at The Carlu.

Etherington calls it a "family passion."

"All of us Etheringtons are very sport-focused, but Special Olympics is far more than just promoting sports, it's a catalyst for social change and providing a better lifestyle, which to us is important," he said.

Besides raising awareness for the cause, Motionball also gives Toronto's driven young professionals a night of fun. Entertainment and great food are staples at the Welcome to the Nightlife Gala. And, of course, no party is complete without some crowd-pumping music.

DJs Kissette and Juno-nominated record producer DJ Skratch Bastid, who performed at last year's gala, will be spinning long into the night.

"Motionball has been building a good profile amongst young people," said Skratch. "What I like about it is that it's a younger crowd of people, motivated to do something other than going out and just partying."

The goals

- Special Olympics Canada provides Canadians with intellectual disabilities an opportunity to participate in positive sporting experiences.
- The gala aims to raise $250,000 in one night.
- Motionball's Welcome to the Nightlife Gala also features an Under Armour underwear fashion show, chocolate buffet, an art gallery, silent auction and more. Visit motionball.com for information.

Budget chief riles up councillors

Coun. Mike Del Grande, Mayor Rob Ford's conservative budget chief, says he doesn't actually support the incendiary housing proposal he made last week.

Why, then, did he make it?

To inflame council's lefties.

"It was kind of humorous to see their heads explode," he told NewsTalk 1010 on Monday.

At a meeting of Ford's executive committee, Del Grande tabled a motion to take $36 million in affordable housing money, $16 million of which was supposed to go to Regent Park, and reallocate it to a proposed project in the ward of Coun. Giorgio Mammoliti.

Pam McConnell, the left-leaning councillor who represents Regent Park, erupted in anger. That was the goal, Del Grande told the Toronto Sun on Friday.

Left-leaning councillors spoke at the meeting about the inadequacy of housing funding. This delayed the committee's decision only briefly, but it irritated Del Grande.

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TORSTAR NEWS SERVICE/STEVE RUSSELL

▶ Budget Chief Mike Del Grande

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Shafias hold on to estate

Family will retain control over money following murder convictions

In the weeks before he helped kill his sisters and his father's first wife, someone had used Hamed Shafia's laptop for an online search. That person wanted to know: "Can a prisoner have control over their real estate?"

Now Hamed, his father Mohammad Shafia and his mother Tooba Yahya are prisoners themselves and they will discover the answer is yes.

The trio was convicted Sunday of first-degree murder for the deaths of sisters Zainab, 19, Sahar, 17, and Geeti, 13, and Rona Amir Mohammad, 52, their father's first wife in a polygamous marriage.

They will spend at least the next 25 years behind bars, but they won't have to give up their fortunes. That includes a million-dollar strip mall and a Montreal mansion under construction.

THE CANADIAN PRESS

GRAHAM HUGHES/THE CANADIAN PRESS

▶ Mohammad Shafia reacts as he leaves the courthouse on Sunday after being found guilty of first-degree murder.

Killings 'unforgivable,' Shafias' imam says

"It's unforgivable, actually, and unacceptable by any religion."
ALI FALIH ALTAIE, MONTREAL IMAM

A Montreal imam is voicing his strong condemnation of the murders of the three Shafia sisters and their father's first wife.

Ali Falih Altaie, the Muslim leader who presided over a marriage and then a funeral for members of the Montreal family, says people in his congregation have been shocked by the news they've heard.

"Only people who have lost their brain do that. ... It's unbelievable," Altaie said Monday in an interview.

Altaie's remarks came one day after a husband and wife, and their son, were convicted of killing four family members.

The imam officiated 19-year-old Zainab Shafia's brief marriage in May 2009 to her boyfriend, Ammar Walid. The marriage was never registered because of a disagreement between the families, he said.

Just a few weeks later, Altaie presided over the heart-wrenching funeral for Zainab, her younger sisters Sahar and Geeti, and their father's first wife, Rona Amir Mohammad.

Although he didn't know the family well, Altaie said he was so overcome with grief during the funeral that he broke into tears.

"I was sad ... I couldn't handle myself well," he said of the ceremony, attended by more than 200 people.

"Maybe if they (Zainab Shafia and Walid) were married, this might not have happened, this whole story. But we never know what is (in) the future."

The women's bodies were found June 30, 2009, in a car submerged in a canal in Kingston. Their murders have been described as so-called honour killings.

THE CANADIAN PRESS

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Girl-style bullying vs. boy-style bullying

CONTRIBUTED

▶ Mean Girls' Regina George (Rachel McAdams), left, is a master of manipulation when it comes to social bullying, while The Karate Kid's Dre Parker (Jaden Smith), is physically bullied by his tormentors, who possess strong kung fu skills.

The bullying may not always look the same, but both boys and girls bully — from name-calling to pushing, shoving and rumour mongering

STEPHANIE ORFORD
TORONTO@METRONEWS.CA
FOR METRO CANADA

Everyone knows that girls pass mean notes and use the silent treatment when they bully, while for boys, it's as simple as a punch in the face, right? Not quite.

The facts about girl and boy bullying might surprise you.

According to statistics from PREVNet, a national network against bullying, there are more similarities than differences between boys and girls when they bully.

Boys tend to bully more frequently and more physically than girls, but when it comes to social bullying, boys and girls bully at about the same levels. However, that social bullying may look different between the genders.

While boys who bully are sometimes not part of the in-crowd, girls who bully are often powerful in their peer groups, said Wendy Craig, a psychology professor at Queen's University and scientific co-director of PREVNet.

"That type of bullying is about hurting relationships, which are really central to girls' identity," Craig explained. Peer-group bullying can also make girls who are bullied less likely to report and retaliate because they want to regain acceptance.

"Boys are not as likely to have that popularity component," said Craig. "They are more likely to do the direct face-to-face kinds of things, whereas girls are more likely to be more anonymous or indirect," she said.

Male social bullying might look a little different, agreed Gurvinder Singh, an adviser for the Canadian Red Cross on international violence prevention.

"It might be on the sports field playing football ... but a lot of the same dynamics are occurring," Singh said.

Craig said that we often make the mistake of overlooking social bullying because it's harder to detect and address than physical bullying.

With social bullying, "it's difficult to get witnesses to corroborate that story," said Rob Frenette, executive director and co-founder of Bullying Canada. Witnesses often fear retaliation, he said.

Whether bullying is social or physical and perpetrated by boys or girls, bystanders play a critical role. Singh said children who bully can be just as influenced by their peers as those who are being bullied, so bystanders should make it known that they won't tolerate the bullying.

Singh said when peers intervene, bullying often stops immediately.

Differences

- 18% of boys and 12% of girls in Canada report having been a bully 2 or more times in previous months.
- Boys are more likely to bully than girls, across all age groups, in 40 countries studied.
- Boys tend to use physical aggression and sexual harassment more than girls.
- Girls may be more likely to experience victimization.

Statistics from PREVNet

Dating bullying

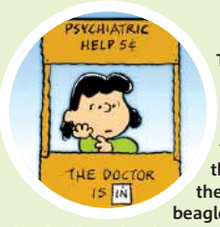
- Girls and boys show similar levels of physical or social aggression in the context of adolescent dating.
- Girls tend to report using slightly more physical aggression than boys did.
- Indirect aggression toward a romantic partner, like ignoring and excluding, is reported more frequently than physical aggression, but seems to occur more often in later adolescence.

Pepler et al. (2006)

What's more hurtful — social alienation or physical bullying? Tweet us @metrotoronto

TV bullies

Television shows us that behind the front, bullies are mostly insecure poseurs, desperately in search of love and their peers' approval.



Lucy Van Pelt
The Doctor is in since 1952

The Peanuts' resident psychiatrist is the meanest holder in football history. She sells fake field goals so well that even the kicker, invariably Charlie Brown, thinks the play is to get the ball through the uprights. Lucy's disdain for beagle slobber is outweighed only by her loathing for the Great Pumpkin. Weakness: Lucy's tough façade melts faster than an ice cube in a volcano when she's around strapping piano man Schroeder.

Sue Sylvester
Rocking tracksuits since 2009

Whether she's conspiring to take down the glee club by having one of her henchman exchange their plane tickets to New York for a flight to Libya, or simply mocking the latest addition to Will Schuester's vast vest collection, Sue's acerbic wit and deadpan delivery are the bane of McKinley High. Weakness: Sue is prone to bouts of kindness triggered by memories of her late sister Jean, who was born with Down syndrome.

Nelson Muntz
Haw-hawing since 1990

Springfield Elementary's crown prince of doling out wedgies and playground poundings, Muntz and his goons often make Millhouse, Martin and even Bart cower in his presence. Muntz doesn't constrict his acts of intimidation to the student body, often turning his wrath toward adults and authority figures like Principal Skinner. Weakness: Nelson's crush on Lisa and his desire for acceptance can overpower his bullying compulsion.

Simon Cowell
Crushing aspiring singers' dreams since 2001

From the U.K.'s Pop Idol to American Idol to The X-Factor, the smug talent spotter is at his best in the early rounds of singing competition shows, when he gets to eviscerate hapless tone-deaf contestants. Giving the other judges grief for their misguided appraisals is a Cowell trademark, and he's got picking on Paula Abdul down to a science. Weakness: While Cowell's incisive critiques are often spot on, the man in the black V-neck can often fall under the spell of a beautiful woman for whom his ears will temporarily become more forgiving.

MIKE DOJC
FOR METRO CANADA

Wednesday in Metro: Cyber bullying

In the final installment of our three-part series:

- Has Facebook allowed bullying to continue beyond the school bell?
- The stay-forever online world means not just victims could be haunted by past torments.
- Tips on making amends.
- We hear from you: Readers share their views on bullying.

North. Korea

▶ North Korea's new leader, Kim Jong-un, greets students at Mangyongdae Revolutionary School in Pyongyang, North Korea, on Chinese New Year.

THE ASSOCIATED PRESS

Getting the rock star treatment

Young Kim visits his troops, just as his father did. But while the late Kim Jong-il mostly stayed aloof in dark shades, his son holds hands and hugs.

Woman killed for having baby girl

Suspect allegedly strangled wife for giving birth to a second daughter, rather than coveted son, then fled

An Afghan woman has been strangled to death, apparently by her husband, who was upset that she gave birth to a second daughter rather than the son he wanted, police said Monday in Kabul.

It was the latest in a series of grisly examples of subjugation of women that have made headlines in Afghanistan in the past few months — including a 15-year-old tortured and forced into prostitution by in-laws and a female rape victim who was imprisoned for adultery.

The episodes have raised the question of what will happen to the push for women's rights in Afghanistan as the international presence shrinks along with the military drawdown. NATO forces are scheduled to pull out by the end of 2014.

THE ASSOCIATED PRESS

India won't abide by sanctions

India has joined China in saying it will not cut back on oil imports from Iran, despite stiff new U.S. and European sanctions designed to pressure Tehran over its nuclear program.

India and China together accounted for 34 per cent of Iran's oil exports from January to September of 2011 — slightly more than Europe, according to International Energy Agency data.

The move is likely to be seen as a political victory in Iran, but it's unclear how Chinese and Indian companies will actually be able to pay for Iranian oil without running afoul of the sanctions, analysts said. THE ASSOCIATED PRESS

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Tech giants target email phishing scams

Google, Microsoft and other companies are working together to combat email phishing scams. They've formed an organization to design a system to authenticate emails from legitimate senders and weed out scams. THE ASSOCIATED PRESS

Market moment

PRICES AS OF 5 P.M. MONDAY

TSX	Dollar
- 30.00 (12,436.40)	- 0.21¢ (99.72¢ US)

Oil	Natural gas
- 78¢ US ($98.78 US)	$2.71 US (- 4¢ US)

Gold $1,731.00 US (- $1.20 US)

Housing market to cool, not crash: BMO

Report suggests international outlooks exaggerated or simplistic

Canada will likely avoid a crash or serious correction in its "somewhat pricey" housing market, with the possible exception of Vancouver, says a new paper from the Bank of Montreal.

"In our view, the (market) is more like a balloon than a bubble. While bubbles always burst, a balloon often deflates slowly in the absence of a 'pin,'" said BMO economists Sherry Cooper and Sal Guatieri.

Even Toronto's hot condo market is more likely to cool rather than collapse, BMO said, noting that a sharp decline in construction for rental units is stimulating demand for condos. The report estimates that half of new condos in the Toronto area are purchased by investors, and about 22 per cent are rented.

The exception appears to be Vancouver and parts of British Columbia where non-resident Chinese investment is elevating prices and construction. By cooling, Guatieri predicts that prices, sales and start-ups will be flat this year and likely next. THE CANADIAN PRESS

The stats

- Canadian housing prices rose only 0.9 per cent last year and home starts have dipped well below 200,000.
- Canadian home ownership equity is 67 per cent, compared to 39 per cent in the United States.
- House prices are at a ratio of 4.9 versus 3.2 a decade ago. Exceptions are in Vancouver, which sits at 10, and Toronto, which is at 6.7 versus 4.3 a decade ago.

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TAKING A PAGE OUT OF A TEEN FANTASY NOVEL

SHE SAYS ...

METRO

I got a pimple last week. An embarrassing middle-of-the-face kind of situation. The type of blemish that would be the subject of an entire subplot on a sitcom in the early 1990s. I haven't had a proper pubescent breakout in a few years but my recent dermatological issues seem appropriate given the fact that I've been spending a lot of my leisure time thinking about teenagers (no, not like that).

Unless you were one of those genetically blessed wunderkinds that peaked in high school, your teenage years were probably the most awkward period of your life. And yet, despite all the terrible realities of adolescence — the acne, the unrequited crushes, the cliquey Mean Girls — we seem completely obsessed with capturing every single moment of this unfortunate phase and putting it on television.

I hate to admit it, but I know I'm not the only 20-something who finds shows like My Super Sweet Sixteen and Teen Mom to be equal parts horrific train wreck and totally engrossing must-see TV.

"From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section."

And this isn't just an MTV phenomenon. When done well, compelling teen-centric shows like Degrassi (in all its incarnations) can transcend their target demographic and captivate a much wider, older audience. Coming-of-age kids and their misguided life choices are television gold, but they're even better off-screen.

From Harry Potter to Twilight to Gossip Girl, more and more well-read grownups are slipping off book jackets and covertly skimming hardbacks plucked from the shelves of the Young Adult section. The Hunger Games, that dystopian world-meets-teen-angst trilogy that everyone keeps talking about, has spent over 100 consecutive weeks and counting on the New York Times bestseller list and it's not just babysitting money keeping it there.

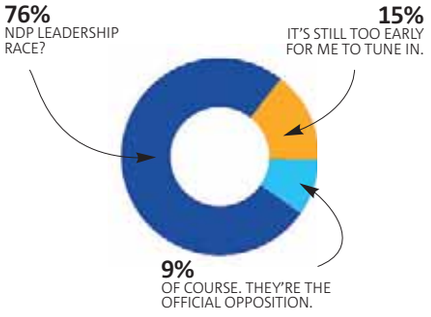
I know plenty of smart and successful people in their 20s and 30s who spend hours dissecting novels geared toward the 13- to 17-year-old set — devouring these addictive page-turners at rapid speed (not a difficult task when you're reading size-16 font) and using hushed voices to postulate over the predictable love triangles.

We all deserve a break from adulthood every once in a while. Indulging in teenage pursuits, whether in sexy sci-fi fantasy lands or all-too-real reality shows, provides a nice distraction from our real-life responsibilities. However, when I find myself swooning out loud over a barely legal actor playing a teenage werewolf, I know that maybe it's time to grow up.

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

Have you been following the NDP leadership race?



Local tweets

- **@Qtanaa:** Bautista is going to be on new cover for mlb the @JoeyBats19 its about time bro! #dirttty
- **@LouisAndCarmela:** Can't wait to see the Ferris Bueller commercial! Isn't that what #Superbowl is all about?? ;-)
- **@deepgreendesign:** #PMHarper says #Science has failed in #Canada? $49 tablet computer launched in India : #Design in #Canada! #Education #CdnPoli #Lies #Lies
- **@doctorfullerton:** Hurdle in hcreform is getting public to understand what is ahead. They do not see what is coming so think public system sustainable #cdnpoli
- **@ddsnorth:** despite taking 4lives #Shafia retain family fortune! if wealthy; shld b seized 4 prison costs; not taxpayers billed ! #cdnpoli #extradite
- **@Aramis_Perez24:** Going to miss this semester

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Valet parking, German style

Robotic car silo parks your ride

WOLFSBURG, GERMANY. Don't bother getting your car out of the parking complex — this robotic building does it for you!

Car buyers can pick up their new ride from this futuristic garage. The two 20-storey CarTowers have been called the "landmark" of Autostadt, a theme park inside Volkswagen's main car factory complex. MWN

1.5

metres per second – the speed the cars travel when lifted up into the towers. Every day some 600 cars are picked up from the two CarTowers by their new owners, making it the world's largest vehicle delivery centre.

Weird carparks

- **Umihotaru, Tokyo:** This rest/parking area is an artificial island that joins a bridge and tunnel.
- **Michigan Theater, Detroit:** Once a concert hall: Chandeliers gone, but ornate plaster ceiling remains.
- **Parkeringsbåt, Gothenburg, Sweden:** Floating parking boat dips below waterline when full.

Stacking cars for customers

HOW IT WORKS. New cars arrive from the production facility on robotic skids that transport them through a 700-metre underground system of tunnels.

After they reach the storage silos, they are hoisted up to a shelf where they are kept until picked up by the customer, usually within 24 hours. MWN

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MMG Success Story of the Year

While we always love to share student success stories, on occasion one really stands out, surprising even us. This year we want to recognize ***Marc Ramsey*** *for providing our student success story of the year. Marc hit the ground running when he started working with MMG last spring. He has completed three flips including a high-rise luxury condo and a house that has been fully rehab-ed. Even more impressive is his most recent accomplishment.Marc just purchased a 44 unit apartment complex with three separate buildings for a mere $150,000. Once the rehab is completed, Marc will still be under $500,000. This will give him a stabilized asset of one MILLION DOLLARS with a NOI of over $200,000 per year. We cannot express how proud we are of Marc's accomplishment and are thrilled that MMG was able to help him realize his financial dreams.*

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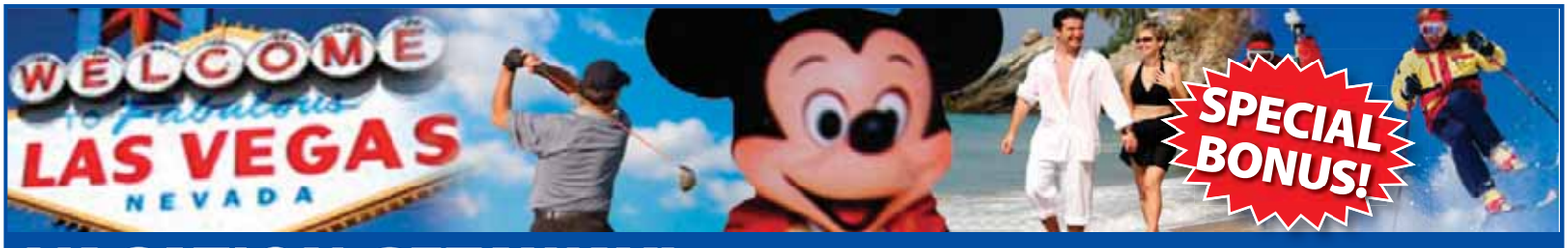

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Science fiction or fact?

The Great Digital Film Festival

For more information on the Great Digital Film Festival, visit cineplex.com/Events. Catch InnerSPACE every Monday through Friday at 6 p.m. ET on SPACE.

Metro, SPACE and Cineplex have teamed up to present the Great Digital Film Festival starting Friday and running through Feb. 9. We asked InnerSPACE host Ajay Fry to take a look at the technology in sci-fi films to see how close they are to being reality

The Terminator (1984)

In 1984, James Cameron's The Terminator terrified audiences with the introduction of an unstoppable Cyborg killing machine from the future. Now, almost 30 years later, we don't have any cyborg killing machines (yet!), but humanoid robots are walking upright, learning and talking. One robot recently joked about plans to open a "zoo for humans" (I hope it was a joke!).

Back to the Future (1985)

In late 2010, the Internet was abuzz over a photo of a 'time traveller.' It was actually a frame grab from a 1928 film purportedly featuring someone using what appeared to be a cellphone. If you could travel to the past, why not visit 1985 so you could make a cameo in Back to the Future, the film that introduced us to the joys and pitfalls of Time Travel?! 1.21 Gigawatts!

RoboCop (1987)

Set in the near future, 1987's RoboCop features a cyborg protagonist who takes on Detroit's festering criminal underbelly. While we've still got some time to wait for robotically-enhanced beat cops, in recent years police have started using robotic surrogates in dangerous situations. Last summer, a suspect's trailer home was burned to the ground by a gas-grenade packing police robot in Tennessee.

Jurassic Park (1993)

Jurassic Park asked audiences a hypothetical, ethical question: If we can clone dinosaurs, should we? Now almost 20 years later we're soon going to need an answer. In 2009, scientists successfully cloned an extinct species of mountain goats. And last year, dinosaur feathers preserved in amber were discovered in Alberta. Morality aside, I'll be first in line to see real-life dinosaurs.

Shaun of the Dead (2004)

Shaun of the Dead launched the Romantic Comedy Zombie or 'RomCom-Zom' sub-genre of film, and the zombie craze has only grown in years since. In 2009, students at the University of Ottawa created a mathematical equation to determine the survivability of a zombie uprising. I'd fight to survive the onslaught if it meant I could watch Shaun again on the big screen.

Serenity (2005)

Set 500 years in the future, this film follows the crew of the spaceship Serenity as they sneak between numerous planets to protect a mysterious young woman named River. Since 2005, the number of confirmed exoplanets has nearly quadrupled to over 700, and scientists now suspect that each of the estimated 300 billion stars in our galaxy may have at least 1.6 planets in orbit.

2 scene

Scene in brief

ABBA fans will soon be saying "Thank you for the music" again with the release of a new track on a special edition of the '70s pop group's The Visitors album. The album, including a new track From a Twinkling Star to a Passing Angel, is the first official new release by the Swedish group in 18 years.
THE ASSOCIATED PRESS

Journey to Oscars begins at the theatre for Canadian makers of Monsieur Lazhar.

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DVD reviews

Buy it | Rent it | Borrow it | Yawn | Don't bother

U2: From the Sky Down

Genre: Documentary
Director: Davis Guggenheim
Stars: Bono, The Edge, Adam Clayton

Davis Guggenheim's TIFF-opening doc is not strictly a history of this legendary Irish rock band, although much is packed into 90 minutes.

The film instead concentrates on lessons learned during the difficult Berlin studio birth of 1991's Achtung Baby, U2's seventh album, made when group members Bono, The Edge, Adam Clayton and Larry Mullen, Jr. thought it might prove to be their last.

Disillusioned with stadium tours that had paradoxically diminished their music, and disgusted with the rock idols they'd become — "We'd become the enemy," Bono ruefully recalls — they were uncertain how to step into the 1990s, a time when pop was splintering into factions of rap, dance and metal (and grunge was about to hit).

Guggenheim shows us the band's turnaround through the writing of Mysterious Ways. Using digital tapes recovered from the original sessions, supplemented with archival footage, From the Sky Down reveals how U2 not only pulled that song out of thin air, but another tune as well: One, which became a monster hit.

These discoveries provided the spark the band was looking for as it looked to find its place in the new decade.

Extras include includes bonus studio footage of Love Is Blindness, So Cruel and The Fly.

PETER HOWELL

Afghan Luke

Genre: Drama
Director: Mike Clattenburg
Stars: Nick Stahl, Stephen Lobo, Ali Liebert

Afghan Luke is a bright and bold Canadian film about war, but it's neither complete farce — there are darkly comic moments — nor earnest flag-waver.

It's not at all what you'd expect from Trailer Park Boys creator Mike Clattenburg, who directs and co-writes, but it's exactly the right approach for a topic of this gravity.

Nick Stahl is the title Luke, a crusading Canuck journalist bent on exposing alleged Afghan War atrocities by Canadian soldiers, even if it kills him.

More Jarhead than Apocalypse Now in its anti-war sentiments, in that muddled intentions are to blame more than malevolence, but the futility of war is powerfully expressed.

PETER HOWELL

Breakaway

Genre: Comedy
Director: Robert Lieberman
Stars: Vinay Virmani, Russell Peters, Anupam Kher

A hockey star whose dad is upset that his son doesn't aspire to be a trucker? An all-Sikh team that can't hit the ice because the players won't swap their turbans for helmets? Cue the canned laughter.

Breakaway is a comedy, but it reflects the colors of Canada's fast-changing social mosaic, at least outside of the NHL. Visit a suburban GTA rink and you'll see that minor-league hockey is no longer exclusively "a white man's game," despite a character lament. That's about as far as it goes for valuable insights in this pleasant timewaster, which has a good cast but a not-so-good script.

Newcomer Vinay Virmani gets partial praise for the former and a slap for the latter: he plays the likeable lead striver, but he's also responsible for a tired screenplay that shamelessly steals from Bend It Like Beckham. The film even has Beckham's Anupam Kher in the same role of the parental culture cop.

PETER HOWELL

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Close 'mans' up for role

Glenn Close talks about playing a convincing man in Albert Nobbs

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METRO WORLD NEWS IN HOLLYWOOD

Some actresses might view playing a woman who passes herself off as a man as a chance to not worry about beauty or vanity, but Glenn Close — who dons intricate drag in Albert Nobbs, as an Irish woman working as a butler in a Dublin hotel — insists such disregard is nothing new for her. "I've played a lot of roles where I haven't had to be pretty, so it's not something I spend a lot of time on," she says with a laugh.

The role of Albert Nobbs has been a favourite of Close's since she first played it on stage 20 years ago, and she feels the film version has been a long time coming. "I did it on stage, and it packed a huge emotional wallop — this simple story about this rather strange creature — and in theatre, when something like that happens you don't forget it," she says. "So as the years went by, I started thinking that if we could figure out how to do it, it could make a really powerful movie."

Turning a woman with Glenn Close's looks into what could pass for a man was a particular challenge, as the audience has to believe that the people around Albert buy it. "It was really important to us that the people in the movie didn't look like idiots," she says.

The answer? Some subtle makeup and prosthetics, including adding to Close's nose and earlobes. "It's just all very, very fine tuning and very, very subtle," she says. "And it's just extraordinary how much it actually changes your face."

While she's drawing plenty of acclaim — and awards attention — for her performance, what most excited Close was the work she got to do behind the scenes. "I loved being a writer," she says. "I loved the days when we had to do rewrites and I'd be in my Albert costume at my computer. I loved solving problems at production meetings because we couldn't afford to rent certain rooms, so could we change this scene to another room? Or just stuff like that."

Finding inspiration in Albania

Inspiration can come from a number of places, and for Glenn Close, the inspiration for how to present Albert Nobbs, a woman who has been disguising herself as a man, came from an obscure Albanian custom — with help from National Geographic. "I had this face of this Albanian woman, where they have in their culture something called sworn virgins, where if a family doesn't have a male heir they designate a woman to live as a man," Close says. "It came from National Geographic ... of a woman who was just living as a man — not putting on a fake mustache. Everybody knew she was a woman, but the life of a man had done something to her face."

HANDOUT

Glenn Close, right, as Albert Nobbs.

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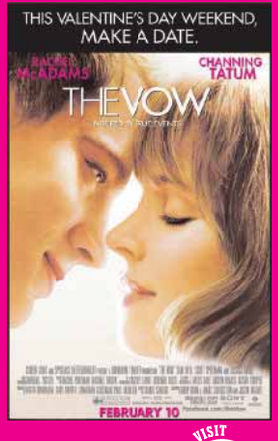

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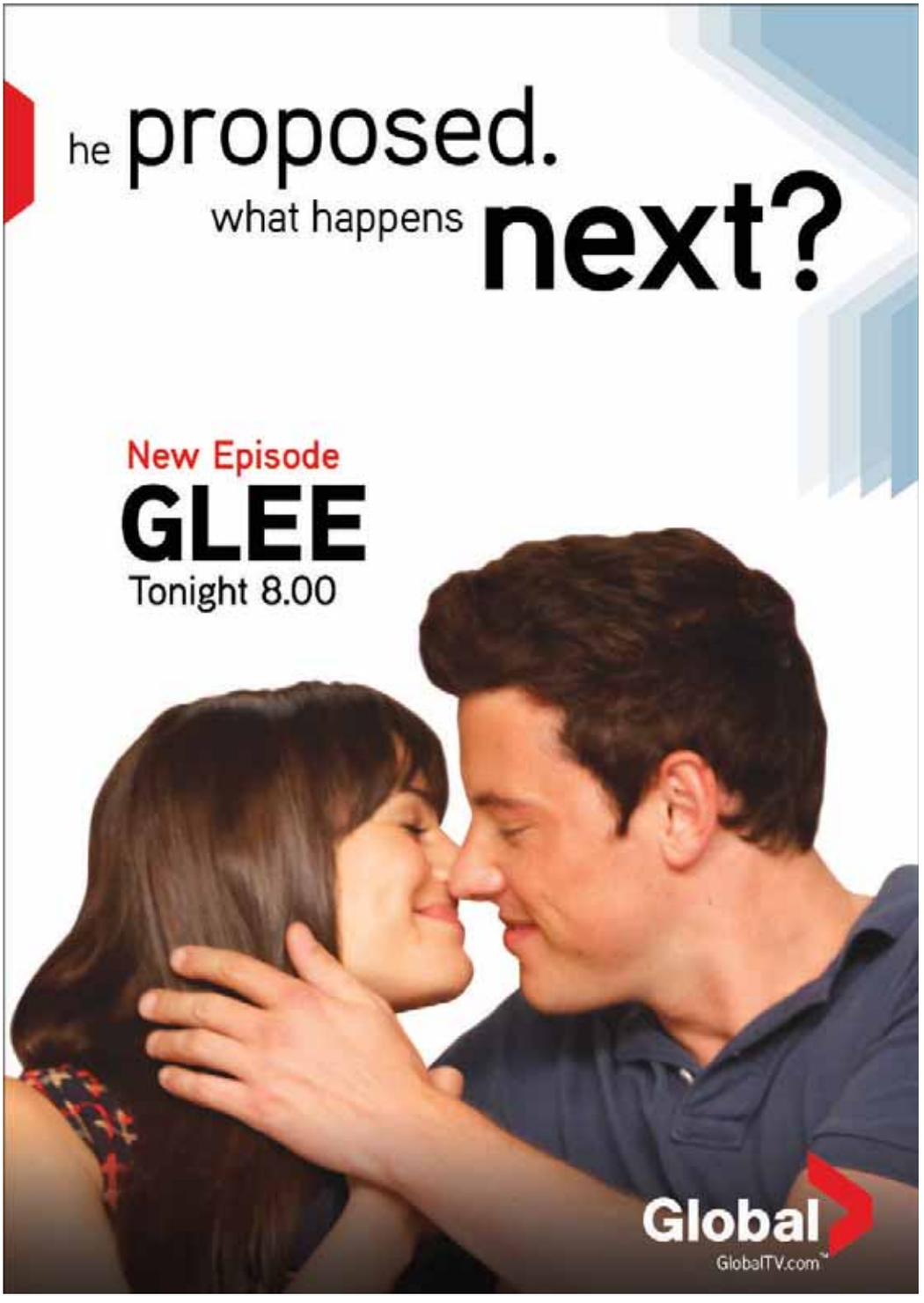

From dating George Clooney to Steve-O?

Rumours swirling that Elisabetta Canalis and former Jackass star are an item

ALL PHOTOS GETTY IMAGES

Elisabetta Canalis

We heard the Elisabetta Canalis/Steve-O rumours a couple weeks ago, but we were willing to ignore them. After all, what would George Clooney's recent ex be doing with one of the Jackass guys?

As it turns out, dating him.

In a video from TMZ, the Dancing with the Stars contestants are caught leaving a salon together in L.A. before escaping to Steve-O's car.

Not only is she dating Steve-O, she is demurely declining to comment in paparazzi central — the B-team Hollywood equivalent of moving to a good school district and buying a minivan.

Thing is though, Steve-O doesn't look too bad these days.

He's no longer putting fishing hooks through his cheek and jumping into shark-infested waters — this happened, and we all share some blame — and has been sober for a couple years. He's a vegan, and judging from his anti-fur ad for PETA, has a pretty cute vegan butt.

Wait — what is Steve-O doing with George Clooney's ex?

MONICA WEYMOUTH

Steve-O

Celebrity tweets

@ericstonestreet

I think what would surprise most people at award show parties is the sheer amount of farting I'm doing while talking to famous people.

@SandraBernhard

by the way i am not one of those performers who threaten to leave the country if the wrong pres gets elected i'm stayin cause i love it here

@MelanieGriffith

@mrskutcher thinking of you and sending love and support. Can I do anything for you? Xoxo

@AlbertBrooks

If only a machine could combine all four republican candidates together then one giant man could lose to Obama.

J.Lo on marriage: 'I don't know'

With her divorce yet to be finalized and her relationship with dancer Casper Smart still in its infancy, it might be a bit soon for Jennifer Lopez to think about tying the knot again — but that didn't stop Matt Lauer from asking, "Do you think you'll marry again?" during Lopez's visit to the Today show.

"I don't know. I don't know. I don't know. We'll see. I mean, I don't know," Lopez responded. "It's not time to think about that yet. It's still fresh."

METRO

Jennifer Lopez

Elton takes another shot at Madonna

Elton John's ongoing media fight with Madonna continues.

During a Good Morning America interview Monday, he was asked what advice he had for her Super Bowl halftime performance.

"Make sure you lip sync good," he responded.

A good one, for sure.

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ISTOCK PHOTOS

▶ A new study shows that taking a quick walk can help cut down the desires to hit the snacks.

Walk, don't snack

Taking a short stroll may stop those impulses to reach for a treat

CELIA MILNE
LIFE@METRONEWS.CA

Bored at work?

Stressed?

Mindlessly reaching for chocolate?

Try going for a wee walk instead. A new study in the U.K. has found that taking a quick 15-minute walk cuts down on chocolate consumption by 50 per cent.

Researchers at the University of Exeter invited 78 chocolate fiends to come to a simulated work environment after abstaining from eating chocolate for two days.

They gave all subjects some work to do. Beforehand, half of the subjects had gone for a quick walk and the other half had rested. Chocolate goodies were available to everyone in the study while they worked. Those who had exercised before working ate on average half as much chocolate as the others, about 15 grams, compared to 28 grams.

"Stress, fatigue and boredom typically cause people to automatically snack to regulate mood," Professor Hwajung Oh, one of the authors of the study, told Metro.

"Somehow, exercise impacts on mood-induced eating behaviour."

He surmised that exercise reduces stress and alleviates boredom. It may also serve as a distraction from thoughts of snacking.

Eating chocolate is unhealthy if it escalates — contributing to weight gain, obesity and diabetes.

"A 15-minute walk is a small dose of physical activity that can be easily achieved," Ho says. "Long term, the results may contribute to not only weight management, but also healthy eating behaviour."

Chocolate

Chocolate is OK in moderation.

Cocoa Dark chocolate, and cocoa in particular, contain flavonoids, which may contribute to heart health. Chocolate also contains a compound called phenylethylamine (PEA), which enhances some brain functions. But, as we know, chocolate also contains a lot of fat and sugar. So enjoy, but only in small quantities.

3 life

Heels

The Journal of Applied Physiology with Griffith University in Australia reported that women who wear short heels for long hours everyday risk shortening their strides and their feet stayed in a pointed position.
METRO

Research teams making progress collecting critical data on CCSVI: MS society

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NEED A RIDE?
Read metro drive every Wednesday.

Go get yourself organized

Lack of time may be a First World problem, but it's a problem nonetheless Laura Vanderkam, author of 168 Hours: You Have More Time Than You Think, tells you how to stick to what matters most and ignore the rest

1
Figuring out what your priorities are

Rushed and torn between professional and personal commitments, we generally have no idea how we spend our time.

"You don't consciously notice it but you're probably checking Facebook up to five times an hour," warns Vanderkam. "The best way to see if you're spending your time the way you wish is to keep a log of everything you do for a week."

From there, look at your priorities. This is the toughest part.

2
Live life week in, week out

Life is often lived one week at a time with next week being a blank slate that will eventually be filled with 'something.' What this something is depends on key decisions you make.

"Imagine next week is a blank space made up of 168 hours. With your priorities in mind, how would you choose to fill it? Figure out what time could be re-deployed from stuff that's not fitting with your priorities," suggests Vanderkam.

3
Take control over time

According to Vanderkam, the key to maximizing time is to control it.

"You don't have to do anything but eat and sleep in order to keep the body functioning."

If your excuse for not reading your kids a bedtime story is that you have no time then you're in denial.

"It's not that you don,t have the time to read, it's just not your priority."

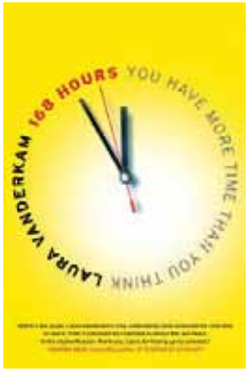
4
Never say, 'I don't have time'

Lack of time for 'XYZ' is the all-purpose modern excuse. Speaking to time experts, Vanderkam noticed they never say 'I don't have time' but 'it's not a priority.

"In order to not have to own up to the fact we're choosing not to do certain things, we blame this nebulous other thing, 'time.' You're not getting certain things done because they're not high enough on your priority list, not because you lack the time," she says.

5
Writing up the perfect to-do list

"Look at things on a weekly basis and say, 'what are my priorities both professional and personal' then block these in. You only have one life. People think the two are separate but they're not," she said. "You don't need to solve everything at once. One week your priority could be a project at work and the week after it could be your sister's wedding. As long as those major priorities get done during the week, you are going to be moving forward."



The moment we acknowledge what things are not high up on our priority list will be the moment we become in charge of how we spend our time.

Thoughts on ... Worth

VALUE. Of all the judgments we make in life, none are more important than the ones we make about ourselves. These self-evaluations directly affect the way we act and react, the values we choose, the goals we set and how we meet the challenges that confront us.

The key to meeting these basic challenges and feeling worthy of happiness is having a high sense of personal worth.

Don't ever forget how worthy you are; and if someone makes you doubt your value or pushes you to compromise yourself or your integrity, walk away.

Know your worth and accept nothing less.

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Best Health Minute

BONNIE MUNDAY, EDITOR-IN-CHIEF, BEST HEALTH MAGAZINE

The Truth About Vitamin C When I was a kid, if I got a cold my mom gave me vitamin C tablets for a few days. After all, since 1970, when Nobel-Prize winning chemist Linus Pauling wrote his popular book Vitamin C and the Common Cold, many people believed that this antioxidant cured colds.

Of course, this hasn't stood up to science, based on a 2007 review of decades of research. But that review also found that daily vitamin C supplements may shorten the duration of cold symptoms. And when freelance writer Lindsay Borthwick dug deep into this subject for our story about Vitamin C in the most recent issue of Best Health (the January/February issue is on newsstands now), and spoke to leading experts, she found that in fact Vitamin C, or ascorbic acid, has many other benefits on top of that.

It's important for the immune system, aids in the absorption of iron and may help in the metabolism of cholesterol and the production of certain brain chemicals.

But wait — there's more: Science is showing it could help prevent stroke, lower the risk of breast cancer (and maybe even treat cancer), improve mood, treat bacterial vaginosis (which affects some 10 per cent of women and 30 per cent of pregnant women) and even improve skin and signs of aging when applied topically.

For more details, check out the whole story (which includes the best food sources for Vitamin C, and how much C we should be getting daily), and speak to your doctor about how you might benefit.

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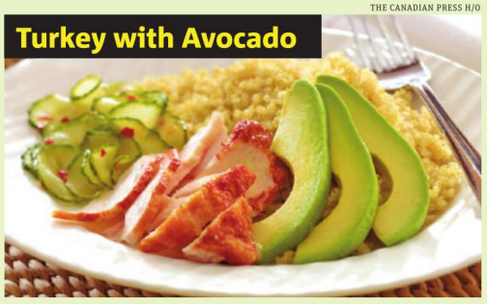
THE CANADIAN PRESS H/O

Turkey with Avocado



Preparation:

1. In a bowl, place sliced cucumbers. In a small pot, combine vinegar, sugar, salt, bay leaf, allspice and chili flakes. Bring to a boil over high heat and pour over cucumber slices. Allow mixture to reach room temperature, about 10 minutes. Strain cucumbers, reserving juice.
2. Layer pickles, turkey and avocado and drizzle with reserved pickling juice. Serve with quinoa or brown rice.

THE CANADIAN PRESS/ AVOCADOS FROM MEXICO

Ingredients:

- 190 g (7 oz) smoked turkey
- 1/2 avocado, sliced

Quick Pickles

- 250 ml (1 cup) English cucumbers, thinly sliced
- 50 ml (1/4 cup) white wine vinegar
- 45 ml (3 tbsp) sugar
- 5 ml (1 tsp) sea salt
- 1 bay leaf
- 2 allspice berries
- 5 ml (1 tsp) chili flakes

Olives nab lunch spotlight

Although sandwiches are supposed to be the focus at Tavolino, Crispy Stuffed Olives offer the winning combination The sandwiches need work

LUNCH RUSH

STEPHANIE DICKISON
FOOD@METRONEWS.CA

Do you ever crave something so much that you still want it three days later? I've wanted a veal sandwich something fierce lately.

Luckily, it's the first item on Tavolino's menu. The Veal Sandwich ($9.95) comes with thinly sliced and breaded veal, dolloped with fiore di latte and a whisper of tomato sauce, all nestled into a soft Kaiser bun. I like mine a little saucier, but otherwise consider my craving sated.

Roast Porchetta ($8.95) lurks underneath pickled fennel and spicy mustard, which cloak the pork — the flavours are just too powerful. And the grease coming off of this is ridiculous, but something tells me that will be the sandwich's most attractive feature to some.

Crispy Stuffed Olives ($3.50) are going to be the new office snack sensation of the year. The veal stuffing is indiscernible, but the delicate crunchy coating juxtaposed to the snappy green flavour more than makes up for it.

Tavolino
567 King St. W. (at Portland)
647-349-0495
Reservations: No
Licensed: No
Quick solo lunch: Yes
Rating: 3.5 out of 5

STEPHANIE DICKISON

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Amsterdam $299
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Vancouver $318
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Los Angeles $399
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Tokyo $399
Travel Feb 22 - Mar 7/aa + taxes & fees $728

Rio de Janeiro $745
Travel Mar 1 - Mar 15/ac + taxes & fees $413

Sydney $998
Travel Feb 26 - Mar 09/ua + taxes & fees $736

USA

New York City
Air + 3 Nights
$459
Manhattan at Times Square + taxes & fees $115
INCLUDES accom in Times Square. Departs Feb 26/ggv/aa. UPGRADE to 4-star Sheraton New York for $39 per night. ADD Empire State Building entry for $21.

Boston Air + 3 Nights $474
Courtyard Downtown Boston + taxes & fees $148
INCLUDES central accom in the theatre district, next to the Wang Centre. Departs Feb 17/ggv/dl. UPGRADE to 4-star Marriott Boston Copley Place for $11 per night. ADD 3-day compact car rental for $32 per day.

Miami Air + 3 Nights $509
Marco Polo Beach Resort + taxes & fees $148
INCLUDES resort-style accom along Miami Beach. Departs Feb 6/ggv/aa. UPGRADE to 4-star Sea View Hotel for $38 per night. ADD city tour for $54.

New Orleans
Air + 4 Nights $669
Holiday Inn French Quarter + taxes & fees $125
INCLUDES central French Quarter accom just a block from Bourbon Street. Departs Jan 30/ggv/aa. UPGRADE to 4-star Hyatt Regency New Orleans for $6 per night. ADD Harbour cruise for $27.

Cruises

Western Caribbean
5-Night Cruise
USD $349
Celebrity Millennium + taxes & fees USD $93
CRUISE roundtrip Miami and visit Roatan and Cozumel. Sails Feb 20/cel. UPGRADE to oceanview stateroom for $10 per night.

Bahamas 4-Night Cruise from $169
Norwegian Sky + taxes & fees $98
CRUISE roundtrip Miami and visit Freeport, Nassau and Great Stirrup Cay. Sails Nov 26/ncl. UPGRADE to oceanview stateroom for $10 per night.

Southern Caribbean
7-Night Cruise USD $379
Carnival Victory + taxes & fees USD $79
CRUISE roundtrip San Juan and visit St Thomas, Barbados, St Lucia, St Kitts and St Maarten. Sails Sep 9/ccl.

Mediterranean 7-Night Cruise from $499
Norwegian Jade + taxes & fees $105
CRUISE Barcelona to Venice and visit Messina, Dubrovnik, Split and Koper. Sails Apr 21/ncl.

Transatlantic 13-Night Cruise USD $499
Adventure of the Seas + taxes & fees USD $71
CRUISE San Juan to Malaga and visit St Thomas, St Maarten, Tenerife, Lanzarote and Madeira. Sails Apr 15/rci. UPGRADE to oceanview stateroom for $12 per night.

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Varadero 7 Nights 4-Star $478
Allegro Varadero + taxes & fees $276
Departs Feb 13/nol/ts.

Cancun 7 Nights 4-Star $555
Oasis Palm + taxes & fees $207
Departs Feb 2/swg/wg.

Puerto Plata 7 Nights 4-Star $557
Grand Paradise Playa Dorada + taxes & fees $388
Departs Feb 3/nol/ts.

Punta Cana 7 Nights 4-Star $557
Blau Natura Park Beach Eco Resort + taxes & fees $387
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Sol Papagayo + taxes & fees $262
Departs Feb 13/sqv/jz.

Montego Bay 7 Nights 4-Star $737
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TICO

TALKIN' TABLE MANNERS

CHARLES THE BUTLER

ASKCHARLES THEBUTLER@ METRONEWS.CA

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ISTOCK

▶ Charles says to adjust your style of table manners to suit your current location.

At Christmas, our extended family used different eating styles including Canadian (switching knife and fork), British (fork in your left hand, knife in your right) and Filipino (fork and spoon). I was taught to use Canadian table manners at home and in restaurants, unless eating at restaurants of different ethnicities. Is this outdated? I noticed that you had an earlier article about someone concerned about a dinner at his boss' house. Do you think that table manners will affect the way that person is perceived? (I personally think so, but again, perhaps I'm old-fashioned.)

Also, do I use Canadian table manners when travelling? Thanks for your consideration,
Laura Cogill

Dear Ms. Cogill,

As you well know, table manners are a big thing for me, not because I'm such a formal person, but rather because I adamantly believe that we are judged socially and professionally by the way we conduct ourselves at the table.

As to your question, it is absolutely correct in North America to eat in either of the two styles you describe — Canadian (correctly called American style) and British (correctly called Continental style).

Where Filipino style is concerned (which I just experienced last week while I was in the Philippines), while not wrong to use it in the Philippines or when eating in a Filipino restaurant, it is preferred that American or Continental methods be used while eating in North America.

Remember the expression "when in Rome ..."

HAVE A QUESTION? EMAIL CHARLES AT ASKCHARLESTHEBUTLER@METRONEWS.CA.

The Awesome story of simple pleasures

Blog nets 100K readers a day by making people happy

ANNABELLE BLAIS
LIFE@METRONEWS.CA
METRO WORLD NEWS IN MONTREAL

CONTRIBUTED

▶ Neil Pasricha

How awesome is it to flip to a radio station just as a song you love is starting, to find money you didn't even know you lost, or to realize it's Friday when you thought it was Thursday?

Neil Pasricha knows something about it. In 2008 he began a special countdown. As he was going through a difficult time, he started a blog called 1,000 Awesome Things about simple pleasures in life.

Three years later, the countdown will come to an end this April.

The Canadian author has since published two best-seller books. His third was released two months ago.

Using his great sense of observation, he writes with humour and a hint of nostalgia.

Bet you can't read his blog without smiling.

How did you get the idea for your blog?

Well, let's be honest, it's getting pretty heavy out there. Pull open a newspaper and it's cruise ships tipping over, wars across the world, rising gas prices, and a jobless recovery.

The Books of Awesome are just an escape from the sad news and bad news pouring down everyday. They're a place where global warming, terrorist threats, and U.S. election coverage sits backseat to warm underwear out of the dryer, the cool side of the pillow, and popping Bubble Wrap.

How many visitors do you have every day and how many readers in total, so far?

The Book of Awesome has been a New York Times Bestseller, No. 1 international bestseller for 80 weeks, No. 1 bestselling non-fiction book in Canada for 2010 and 2011.

1,000 Awesome Things has won the Webby Award for Best Blog in the world for the past two years. It has over 40 million hits. Over 100,000 people read it each day through the blog, Twitter and Facebook.

Why do you think it became such a big success so fast?

I'm the most surprised! Honestly, when I first started 1,000 Awesome Things I was excited when my mom forwarded it to my dad and the traffic doubled. Then I was excited when strangers started emailing me and friends and I would say to each other: "You know what's awesome? When there's still time left on the parking metre! When cashiers open up new lanes at the grocery store! When you get the milk-to-cereal ratio just right!"

I've been extremely flattered by all the notes I get from folks around the world. Cancer patients telling me awesome things remind them of how much joy life really holds. Children writing cute emails telling me they love neighbours with pools and popping Bubble Wrap too, and preachers telling me they read from The Book of Awesome in their churches.

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The ABCs of investing

Choose the right savings vehicle today to prepare for a better tomorrow

JANE DOUCET
FOR METRO

Investing is an important way to save for what matters to you, such as buying your first home or retirement. But with a dizzying number of investment options available, how can you choose where to put your hard-earned cash?

"It's important to take charge of your financial future by gaining the knowledge to create a personalized financial plan that covers investments, retirement planning, tax savings, estate planning and risk management," says Robert McCullagh, a certified financial planner (CFP) and past chair of Advocis, The Financial Advisors Association of Canada. "With so many choices, the right information can make the difference in your financial success."

A CFP or a financial adviser can explain the various options. In the meantime, review these common investments to determine which is right for you:

RRSP: A registered retirement savings plan is an investment account designed for saving for retirement. Regulated by the Canadian government, RRSPs have special tax benefits. Annual RRSP contributions can reduce the amount of income tax you pay in that year or future years, and the money you put away can have years of tax-deferred growth potential. You only pay tax on the amounts you withdraw.

Mutual fund: These funds let you invest in a group of broad or specific investments picked by a professional manager. When you put your money in a mutual fund along with many other people, it creates a large pool of money that can be invested. The manager decides where to invest the money, then handles it for all of the investors. The manager will provide clients with advice, diversity and a mandate. For example, if you choose to invest in tech stocks or balanced funds, that's what you will get.

TFSA: Launched in 2009, the tax-free savings account is a flexible general-purpose savings vehicle that allows Canadians to earn tax-free investment returns to help them more easily meet their lifetime savings needs. Canadian residents age 18 or older can contribute up to $5,000 annually to a TFSA. Investment income earned in a TFSA is tax free, as are withdrawals

GIC: A guaranteed investment certificate offers a guaranteed rate of return over a fixed amount of time, such as six months, one year, two years or up to 10 years. A GIC may pay a higher interest rate than savings accounts, but not always. You may receive a higher rate of interest for a longer-term contribution, but this will restrict your ability to invest in other things. GIC returns should be adjusted for inflation and be after tax, to reflect real returns. With some GICs, if you need to get your money back sooner, you won't earn any interest; in fact, you may have to pay a fee or penalty.

HEMERA/THINKSTOCK

▶ Take charge of your financial future by gaining the knowledge to create a personalized financial plan.

Budget basics to achieve goals

If you are one of the many Canadians who doesn't enjoy watching how you spend your money, you are not alone — even the experts don't try to sugarcoat how exciting it is to keep track of your bottom line.

"Budgets are boring," says Stephen Cox, a certified financial planner with Desjardins Financial Security Independent Network in Halifax. "Most people think of budgets as being restrictive, but they should look at them as a tool that shows what they can afford to do, not what they can't do."

Cox offers the following tips for creating — and sticking to — a monthly budget:

Define and prioritize your goals. The first step is to decide what's important, then set a maximum of three attainable goals with concrete timelines. For example, maybe you want to spend a week in Cuba one year from now. "The more specific you are with your goals, the easier it is to reach them," says Cox.

Track your spending. If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost. Then determine what you needed (groceries) versus what you wanted (Friday night dinners out with friends). Eliminating as many of the "wants" as possible will help you save. "We all work too hard for what we make," says Cox. "It's important to spend it mindfully."

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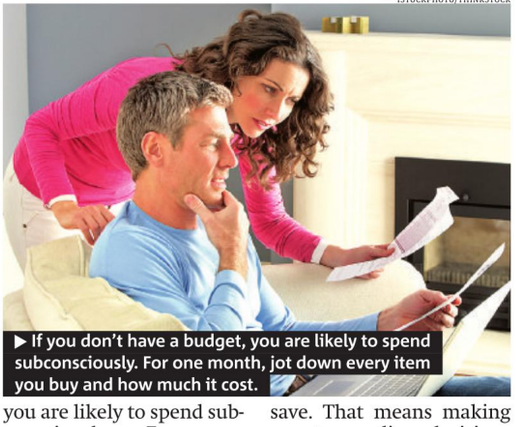

▶ If you don't have a budget, you are likely to spend subconsciously. For one month, jot down every item you buy and how much it cost.

Summon your willpower. If you are really keen to a vacation in Cuba, you will find a way to make the necessary choices to help you save. That means making smart spending decisions such as cooking double the amount of your Sunday meal to pack for lunch during the work week.

Don't make excuses. Too rushed in the mornings to make coffee? Can't bear the thought of giving up your daily dark chocolate habit? "When it comes to budgeting, there's an excuse for everything," says Cox. If you are serious about saving, you will set your morning alarm 15 minutes earlier and watch the flyers for when your favourite chocolate goes on sale. JANE DOUCET

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Case of the cover letter

Should it be friendly, formal, long, short? We ask an expert

BRUCE WALSH
LIFE@METRONEWS.CA
MWN IN PHILADELPHIA

The cover email — rather than cover letter — inspires fierce disagreements between career experts.

Depending on the field, striking the right tone can be a philosophical quandary. How formal should this piece of writing be? Should the tone be closer to the cover letters of yore — or is a friendlier, casual spirit inherent to online communication?

Pamela Skillings teaches a writing workshop for the American Management Association: Seven Critical Web Writing Mistakes and How to Avoid Them. She founded Skillful Communications in 2005, a New York-based company specializing in job interview coaching.

How can applicants use the subject line to their advantage?

ISTOCK

It's an opportunity to cut through the clutter. Inserting a key word from the job description is a good strategy. You can also separate yourself from the crowd by inserting a targeted phrase about your skills.

Is there a way to make your email more visually appealing?

Yes. Don't write big block paragraphs. People can't read big blocks of text on their screen. Use white space. Each idea should have its own paragraph.

When replying to Craigslist, Monster and other sites, how do you know if your emails are effective?

It's really difficult to judge that based on responses from employers. When it comes to sites like that, employers are getting so many responses. It may not be a reflection of your writing style. More likely, it's a reflection of the deluge they're receiving.

The better way to know if your writing is effective is to get some feedback from someone you know and respect. A question to ask is, "if you didn't know me, and you received this, what would you think?" Most people don't even proofread, let alone ask for feedback, so that can make your email stand out.

Watercooler weight

A co-workers birthday cake The croissants you love from the cafeteria Work can wreak havoc on health goals But it doesn't have to

JULIA WEST
@METRO.LU
MWN IN PHILADELPHIA

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▶ Is your willpower frequently broken by the appearance of desktop delicacies? Share your health goals with your co-workers so that you can motivate and keep an eye on one another.

Remember one month ago when you were going to get in shape, eat better and quit smoking in 2012? Unfortunately, work becomes a place of limbo for these goals.

Fitness guru Mark Allen, co-author of Fit Soul, Fit Body: 9 Keys to a Healthier, Happier You, stresses the importance of setting realistic goals for your schedule — and then taking time to reflect on those goals throughout the work day.

"Sometimes the reason we get discouraged is because we allow our mood to influence our actions," he says.

"Maybe you've had a bad day and tell yourself it's pointless to work out, or you convince yourself it's too hard. Instead, set aside a quiet time to reflect on your goals."

If the constant barrage of sugary snacks in the break room is beating down your diet willpower, Allen suggests you get back on track by writing yourself a contract that you can stick to.

Keep it simple, clear and attainable, such as: "By my June 1 doctor's appointment, I aim to have lowered my cholesterol by 10 points and lost 10 pounds."

The buddy exercise system can be valuable in the office, not just at the gym. Jill Spiegel, author of How to Talk to Anyone About Anything! The Secrets to Connecting, believes in finding a "walk partner" at work.

"Next time you're chatting in the break room or talking in the lobby, positively share your [health] goals with your co-workers," says Spiegel. "Energy is contagious."

Looking to get a little exercise at the office? Laurie Kendall-Ellis, executive director of the American Physical Therapy Association, gave us these tips for boosting energy at work.

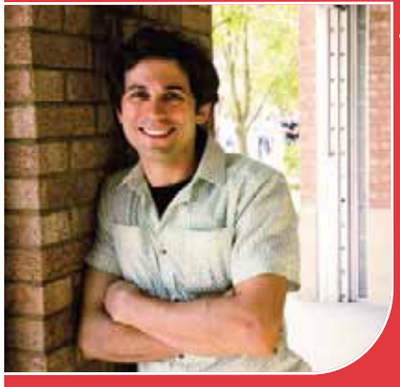
1. Park the car farther away. Alternate swinging your arms as you walk at a brisk pace. This will increase your heart rate and the value of the walk.

2. While at your desk, squeeze your shoulder blades back and down while taking a deep breath in. Look straight ahead as you do this. It's a chance to move out of the head-down posture that so many of us assume with texting and computer work.

Work weight

What's holding you back? In a survey by CareerBuilder, the majority of workers identified being stationary at a desk as the main culprit. But that wasn't the only problem:

- Sitting at a desk: 36 per cent
- Eating out: 16 per cent
- Skipping meals: 13 per cent
- Workplace parties: 12 per cent



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WORKPLACE LAW

DANIEL LUBLIN
DAN@TORONTO-EMPLOYMENTLAWYER.COM
TWITTER: @DANLUBLIN

It is one of the most important concepts in workplace law — but it is not even clear how it applies.

Since 1997, when the Supreme Court presented Canadian workplaces with the Wallace decision, employers have had an obligation to play nice and behave well at the time of dismissal, or face paying additional "bad faith" damages to a former employee. As the Court reasoned, employees were particularly vulnerable at the time of dismissal and in need of additional protection.

But in the landmark decision in Honda nearly 11 years later, the Supreme Court considerably rewrote its own law. In that case the Court found that, unless there was evidence of some actual or physical harm stemming from a dismissal, employees should no longer be compensated for their mistreatment. Many employees were left shaking their heads and since this time, it has been unclear what, if any, damages they should receive if they are dismissed "in bad faith." Fortunately, a recent case seems to clarify the law.

When Sergio Coppola was dismissed from Capital Pontiac Buick in Regina, he was told the dealership was eliminating his position and that, since he had the least tenure among his group, he was losing his job. However, when Coppola tried to start his own business a few months later, his prospective business partner was told by one of the staff at Capital Pontiac that Coppola was fired because a car had gone missing and hinted that Coppola was at fault.

The allegation that Coppola had engaged in misconduct affected him greatly. Coppola's new business venture was delayed and he claimed that he was emotionally devastated, although he never went to see a doctor. Coppola sued his old employer for wrongful dismissal, based on the false allegations — and recently he was awarded additional damages based on the manner of his dismissal, even though there was no precise manner to calculate his alleged loss.

TO READ THIS ARTICLE IN ITS ENTIRETY, VISIT METRONEWS.CA.

DANIEL LUBLIN IS AN EMPLOYMENT LAWYER WITH WHITTEN & LUBLIN

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Productivity expert Jason W. Womack travels the country with his patented training seminars and executive coaching program.

His latest book, Your Best Just Got Better: Work Smarter, Think Bigger, Make More, includes advice on identifying your own individual ways of learning and maximizing 15-minute blocks of time during the workday.

On your blog you seem to be micro-managing almost every moment of your day. Does that ever cause anxiety?

I have been accused of being a little overproductive. For me, it's about creating a lifestyle where, if I get more done in shorter amounts of time, I open up windows of time to do anything I want.

What's the simplest thing an office worker can change to enhance productivity?

Adjust the way they manage their email. There are three kinds of email: stuff they have to think about later, stuff that they're managing over time and then there are some that are an action they have to take. Most people flag certain email or forward it to themselves to kick it back to the top. But when you send them back to yourself, change the subject lines of your action emails to verbs: "Call," "Review," "Print." Then suddenly your inbox becomes a to-do list, not just this random clutter of communication.

What's something a person can do today to make a positive change in his or her career?

Subscribe to five magazines about something you want to learn about. Buy five books about that same topic, and sign up for five days of conferences. You're going to get 60 issues of ideas about whatever it is you're stepping into. The books will let you dive deep into the subject matter, and the conferences will create a social connection with what you're growing toward. Those three things could set your year up for real growth.

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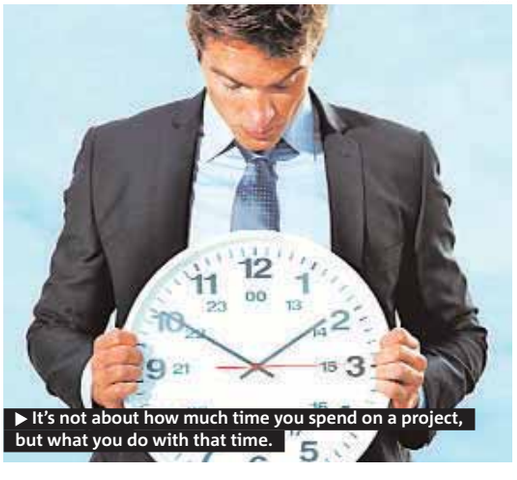

▶ It's not about how much time you spend on a project, but what you do with that time.

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LESLEY SCORGIE
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Congratulations! You've decided to sell your home; one of the biggest decisions you'll make in life. Based on referrals, you interview three realtors and learn that each will charge a hefty commission to market and sell your home.

Feeling irritated by the commission rates? You're not alone. According to ComFree's December 2011 poll of Canadians, 58 per cent of respondents would rather make a purchase from someone who is not working on commission. If you can't justify paying $15,000 in realtor commissions, you have other options. You can sell your own home privately. To do this, buy a For Sale sign from the dollar store and hang it on your lawn. Generally speaking, however, if you don't market your home through newspaper ads, Kijiji and online brokerage sites, no one will know it's on the market. The largest risks with this approach are that you may not be equipped with the right information to know how to price, market, and wade through the legalities of selling your home.

Use reduced commission listing services, such as ComFree, which allows you to market your property through its website and brokerage sites like MLS and Realtor.ca. It also provides resources to educate buyers and sellers on their local real estate market and a step-by-step real estate transaction framework. The fees for these services are less than $1,000 — a fraction of what an average home seller would pay in commission.

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Less can be more

ON MONEY

ALISON GRIFFITHS
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What is the secret to financial success? I have the answer — simplicity.

Yes, if you buy gold or real estate before it skyrockets, play the stock market game well or live off the land and save most of your income, you will have financial success.

But how many people can do that? Very few. The alternative is to aim for simplicity in your financial life. In my new book, Count on Yourself: Take Charge of Your Money, I go through an easy process of financial closet cleaning in order to prune all the money bits and pieces that clutter up our lives and then organize what is left over.

ISTOCK

▶ Simplify your finances.

I call it the KISS approach to money — Keep It Simple Smarty.

No one knows who originated the KISS (Keep It Simple Stupid) principle, but there's no question it was a powerful catchphrase in the 1960s for the U.S. National Aeronautics and Space Administration (NASA), when they were striving to put a man on the moon. That such a complex feat of science and engineering should reference simplicity in the form of KISS is very telling.

"Cleaning your financial closet is the first step to taking control of your money."
-ALISON'S MONEY RULE

I've changed the last word to Smarty because I believe it's smart to keep your financial life as lean as possible.

A typical family will have multiple bank accounts and credit cards, a mortgage, home equity or personal line of credit, as well as car and student loans, not to mention RRSPs, RESPs, and TFSAs to deal with on a monthly basis.

Complexity not only makes it difficult to stay on top of your finances but it costs you money in unnecessary fees and duplicated services.

Ask yourself: Do I need those retail credit cards, two chequing accounts with overdraft protection, more than one RRSP or RESP, all those TV channels, call forwarding on my phone? You'll find the pruning process energizing.

When it comes to the investments in your RRSP, for example, apply the same principle of less is more. Have one investment for bonds, one to cover the Canadian market and one for the U.S. Just three products, plus some cash, and you have a perfect mix.

Keep it simple and you will find it far easier to get control financially and pay closer attention to the money side of your life.

ALISON GRIFFITHS IS THE AUTHOR OF COUNT ON YOURSELF: TAKE CHARGE OF YOUR MONEY. REACH HER AT ALISONGRIFFITHS.CA OR GRIFFITHS.ALISON@GMAIL.COM.

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Grabovski downplays talk he'll be traded

Maple Leafs centre Mikhail Grabovski says he's paying no attention to the trade rumours swirling around him.

Grabovski is just happy to be playing with his old linemates — Clarke MacArthur and Nikolai Kulemin — and that they're starting to click. For coach Ron Wilson, that's exactly what the Leafs need as they make a playoff push in the final 33 games of the season.

"I think (trade speculation) bothers you guys (media) more than me. I think more about each game than my future," Grabovski said Monday after practice at the MasterCard Centre. "I know if I play well, I can stay with the same team.

"This is my home right now. My job is to work hard and give my best on the ice. I just like to play hockey. If I play well, I will have a good contract. If I don't play well, then it's my problem."

Grabovski, who turns 28 on Tuesday, was named the NHL's first star of the week after scoring five points in back-to-back wins over the New York Islanders. He has 19 points in his last 19 games and has been driving opposing defencemen crazy with his speed and stickhandling.

Grabovski is eligible for unrestricted free agency at the end of the season, and there has been speculation that he could be used in a package to land GM Brian Burke a bigger forward before the Feb. 27 trade deadline.

As an unrestricted free agent, Grabovski would be free to sign with any team as of July 1 and the Leafs would get no compensation. **TORSTAR NEWS SERVICE**

"It's important more than anything to win the game."
MIKHAIL GRABOVSKI

Super Bowl. On the road

▶ New York Giants wide receiver Victor Cruz boards a bus outside the team's training facility in New Jersey on Monday.

BILL KOSTROUN/THE ASSOCIATED PRESS

Confident Giants arrive in Indianapolis

Unlike four years ago when they dressed in black suits as a symbol of unity before facing the undefeated Patriots, the Giants returned to the Super Bowl this time with no sartorial gimmicks.
Touching down in Indianapolis on Monday for their rematch with New England, the Giants are simply a confident team.
They believe in themselves as much as they did in 2008 when they ruined the Patriots' perfect season with a stunning 17-14 victory in Arizona.

helm for Boatmen

Argos president Bob Nicholson steps down, Chris Rudge takes top job

He's already in charge of making sure the 100th Grey Cup is the best ever. Now Chris Rudge has added the huge challenge of making the Toronto Argonauts relevant again.

Argos owner David Braley announced Monday that Bob Nicholson had stepped down as club president with Rudge taking over as executive chairman and chief executive officer of the CFL club.

And it's not just an interim posting. Rudge, who has acted as the Argos chairman and alternate governor, will continue leading the Toronto club years after the Grey Cup game in November.

"I don't mind anyone saying the Argos have slid. ... That's a reality and has been for some time in this town," Rudge said. "We're down the road to changing that.

"In 20 years we've gone through a succession of itinerant owners, many of them wonderful people with great intentions, but they didn't last very long. This time we have a business investor (Braley) who understands this business, who has the wear-with-all to last and help us build into the future. I fully expect within two, three, four years we'll have this franchise in the black, we'll create enterprise value that will have others want to look at it in the appropriate way and have people in the city saying, 'Jeez, the Argos of the old days seem to be on their way back.'"

Monday's announcement wasn't a complete surprise.

There had been talk during Grey Cup week in Vancouver that Nicholson's days with the Argos were numbered and the club was looking for someone who was comfortable speaking with reporters and before television cameras to be its public spokesman.

That quickly prompted suggestions that person was indeed Rudge, the former CEO of the Canadian Olympic Committee and chairman of the Own the Podium program.

THE CANADIAN PRESS

Nicholson

Nicholson was in his second tenure as Argos president, returning to the franchise in May 2009. He had previously served as the team's president from 1995 to 1999, with the Argos winning consecutive Grey Cup championships in 1996 and 1997.

4 sports

Leafs preview

Toronto at Pittsburgh
7 p.m.
TV: TSN

The Maple Leafs (25-19-5) travel to Pittsburgh (28-17-4) to take on the red-hot Penguins, who have won seven in a row. Evgeni Malkin didn't record a point in a 3-2 win over St. Louis last Tuesday, but he had nine goals and four assists in the Penguins' six previous wins. Malkin leads the league with 58 points. Sidney Crosby (various health issues) remains out indefinitely, while Jordan Staal (torn MCL) will miss three to five weeks.

THE CANADIAN PRESS

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Sports in pictures

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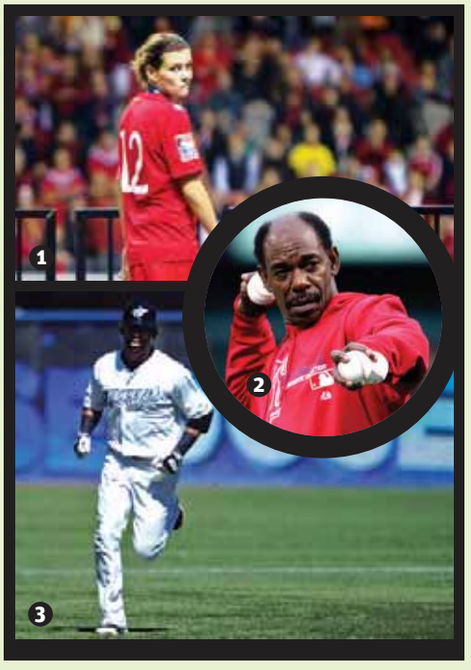

1 Canadian captain Christine Sinclair finds herself without a club side for the 2012 season after Women's Professional Soccer announced on Monday that it won't play this year amid a legal dispute with an ousted owner.

2 Texas manager Ron Washington has signed a two-year contract extension after leading the Rangers to the World Series for the second straight season.

3 Toronto Blue Jay slugger Jose Bautista has been chosen as cover athlete for the Canadian edition of the MLB 12 The Show video game. The American game will feature Boston Red Sox first baseman Adrian Gonzalez. **METRO NEWS SERVICES**

January

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NATIONAL HOCKEY LEAGUE

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d-NY Rangers	47	31	12	1	3	132	96	66	15-5-0-2	16-7-1-1	7-3-0-0	W2
d-Boston	47	31	14	1	1	171	102	64	16-7-1-1	15-7-0-0	5-4-1-0	L1
d-Washington	48	26	19	1	2	136	137	55	18-6-0-1	8-13-1-1	5-4-1-0	W1
Philadelphia	48	29	14	2	3	162	142	63	11-7-1-2	18-7-1-1	6-3-0-1	W1
Pittsburgh	49	28	17	2	2	152	127	60	14-7-2-0	14-10-0-2	7-3-0-0	W7
Ottawa	52	27	19	4	2	157	160	60	14-9-0-1	13-10-4-1	6-4-0-0	L3
New Jersey	48	26	19	1	2	129	136	55	12-9-0-2	14-10-1-0	4-4-1-1	L3
Florida	48	22	15	5	6	122	136	55	11-5-1-6	11-10-4-0	3-3-2-2	L1
Toronto	**49**	**25**	**19**	**3**	**2**	**151**	**147**	**55**	**14-8-2-2**	**11-11-1-0**	**6-4-0-0**	**W2**
Winnipeg	50	22	22	3	3	124	143	50	15-8-0-2	7-14-3-1	3-6-0-1	L3
Montreal	49	19	21	2	7	130	134	47	9-9-2-4	10-12-0-2	6-2-0-2	W2
Tampa Bay	48	21	23	1	3	136	165	46	13-7-0-1	8-16-1-2	4-5-0-1	W4
NY Islanders	48	19	22	5	2	115	143	45	11-11-4-0	8-11-1-2	5-4-1-0	L2
Buffalo	49	20	24	3	2	119	149	45	11-9-3-2	9-15-0-0	2-7-1-0	W1
Carolina	51	18	24	5	4	130	159	45	13-11-0-3	5-13-5-1	5-3-1-1	W1

WESTERN CONFERENCE

	GP	W	L	OTL	SL	GF	GA	Pts	Home	Away	Last 10	Strk
d-Detroit	50	33	16	1	0	160	117	67	20-2-1-0	13-14-0-0	8-2-0-0	L1
d-Vancouver	49	30	15	0	4	158	122	64	14-6-0-3	16-9-0-1	6-2-0-2	W2
d-San Jose	47	27	14	3	3	131	110	60	15-8-2-0	12-6-1-3	5-3-1-2	W1
St. Louis	49	29	13	1	6	124	102	65	21-3-1-3	8-10-0-3	7-1-1-1	L2
Nashville	50	30	16	3	1	140	127	64	16-7-2-1	14-9-1-0	9-1-0-0	W4
Chicago	50	29	15	3	3	162	144	64	19-6-1-3	10-9-2-0	5-3-2-0	L2
Los Angeles	50	24	16	4	6	111	111	58	14-11-0-4	10-5-4-2	5-2-1-2	W1
Minnesota	49	24	18	2	5	115	126	55	13-6-1-2	11-12-1-3	3-6-0-1	W2
Colorado	51	26	23	2	0	131	144	54	14-12-0-0	12-11-2-0	4-5-1-0	L2
Dallas	48	25	21	0	2	126	136	52	14-9-0-2	11-12-0-0	4-5-0-1	W1
Calgary	50	23	21	3	3	120	137	52	13-7-1-1	10-14-2-2	5-4-0-1	L1
Phoenix	50	22	20	3	5	130	134	52	10-9-2-2	12-11-1-3	3-4-1-2	W1
Anaheim	48	18	23	3	4	124	144	43	13-12-1-0	5-11-2-4	8-1-1-0	L1
Edmonton	49	18	26	1	4	122	142	41	12-8-1-2	6-18-0-2	2-6-1-1	L1
Columbus	49	13	30	1	5	115	163	32	8-13-1-2	5-17-0-3	3-6-0-1	L4

d — division leaders ranked 1-2-3 regardless of points; a team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OTL (overtime loss) or SL (shootout loss) column.

Sunday's result
ALL-STAR GAME
At Ottawa
Team Chara 12 Team Alfredsson 9
Tonight's games
All Times Eastern
Ottawa at Boston, 7 p.m.
N.Y. Rangers at New Jersey, 7 p.m.
Winnipeg at Philadelphia, 7 p.m.
Toronto at Pittsburgh, 7 p.m.
N.Y. Islanders at Carolina, 7 p.m.
Buffalo at Montreal, 7:30 p.m.
Washington at Tampa Bay, 7:30 p.m.
Nashville at Minnesota, 8 p.m.
Detroit at Calgary, 9 p.m.
Anaheim at Phoenix, 9 p.m.
Colorado at Edmonton, 9:30 p.m.
Chicago at Vancouver, 10 p.m.
Columbus at San Jose, 10:30 p.m.
Tomorrow's games
N.Y. Rangers at Buffalo 7:30 p.m.
Pittsburgh at Toronto, 7:30 p.m.
Washington at Florida, 8 p.m.
Dallas at Anaheim, 10:30 p.m.
Columbus at Los Angeles, 10:30 p.m.
Thursday's games
Carolina at Boston, 7 p.m.
Montreal at New Jersey, 7 p.m.
Nashville at Philadelphia, 7 p.m.
Winnipeg at Tampa Bay, 7:30 p.m.
Minnesota at Colorado, 9 p.m.
Chicago at Edmonton, 9:30 p.m.
Detroit at Vancouver, 10 p.m.
Dallas at San Jose, 10:30 p.m.

SCORING LEADERS

	G	A	PT
Malkin, Pgh	26	32	58
Giroux, Pha	18	37	55
Ma.Hossa, Chi	20	33	53
Datsyuk, Det	14	39	53
Stamkos, TB	32	20	52
Lupul, Tor	20	32	52
H.Sedin, Vcr	11	41	52
Kessel, Tor	26	25	51
D.Sedin, Vcr	21	30	51
Toews, Chi	27	23	50
Spezza, Ott	20	30	50
Tavares, NYI	20	29	49
Neal, Pgh	27	20	47
Pominville, Buf	17	30	47
Karlsson, Ott	7	40	47
Elias, NJ	18	28	46
Eberle, Edm	18	27	45
Selanne, Ana	15	30	45
Hartnell, Pha	25	19	44
Eriksson, Dal	17	27	44
Kopitar, LA	15	29	44
Moulson, NYI	22	21	43
Seguin, Bos	19	24	43
Versteeg, Fla	19	24	43
P.Bergeron, Bos	15	28	43
St. Louis, TB	12	31	43
Parenteau, NYI	10	33	43
Ra.Whitney, Phx	15	27	42
Backstrom, Wash	13	29	42
Benn, Dal	13	29	42
Franzen, Det	19	22	41
Vanek, Buf	19	22	41
P.Kane, Chi	11	30	41
Sharp, Chi	20	20	40
Kovalchuk, NJ	19	21	40
Lecavalier, TB	19	21	40
Parise, NJ	15	25	40

CALENDAR

Feb. 27 — Trade deadline, 3 p.m.
March 12-14 — NHL general managers meeting, Boca Raton, Fla.
April 7 — Regular season ends.
April 11 — Stanley Cup playoffs begin.

TENNIS

ATP PBZ ZAGREB INDOORS

At Zagreb, Croatia
Singles — First Round
Ivan Ljubicic (1), Croatia, def. Karol Beck, Slovakia, 7-6 (5), 3-6, 6-3.
Andreas Seppi (5), Italy, def. Daniel Brands, Germany, 6-4, 7-6 (1).
Robin Haase (7), Netherlands, def. Kristijan Mesaros, Croatia, 6-2, 6-3.
Lukas Lacko, Slovakia, def. Potito Starace, Italy, 7-6 (2), 6-7 (4), 6-3.
Matthias Bachinger, Germany, def. Izak Van der Merwe, South Africa, 6-3, 6-3.
Doubles — First Round
Marin Draganja and Franco Skugor, Croatia, def. Lukasz Kubot, Poland, and Sergiy Stakhovsky (4), Ukraine, 6-4, 3-6, 10-5 (tiebreak).
Ivo Karlovic, Croatia, and Frank Moser, Germany, def. Alex Bogomolov Jr., Russia, and Travis Parrott, U.S., 2-6, 6-1, 11-9 (tiebreak).

ATP OPEN SUD DE FRANCE

At Montpellier, France
Singles — First Round
Florian Mayer (6), Germany, def. Gilles Muller, Luxembourg, 7-6 (3), 6-3.
Guillaume Rufin, France, def. **Vasek Pospisil, Vancouver**, 6-4, 7-6 (6).
Nikolay Davydenko, Russia, def. Stephane Robert, France, 6-2, 6-1.
Doubles — First Round
Kenny de Schepper and Fabrice Martin, France, def. Flavio Cipolla, Italy, and Mikhail Elgin, Russia, 6-4, 6-2.

NCAA BASKETBALL

Last night's result
No. 4 Missouri at Texas
Tonight's games
All Times Eastern
No. 1 Kentucky vs. Tennessee, 7 p.m.
No. 5 North Carolina at Wake Forest, 9 p.m.
No. 9 Michigan State at Illinois, 7 p.m.
No. 15 Marquette vs. Seton Hall, 8 p.m.
No. 16 Virginia vs. Clemson, 7 p.m.
No. 19 Wisconsin at Penn State, 8 p.m.
No. 25 Vanderbilt at Arkansas, 9 p.m.

AP MEN'S TOP 25 POLL

Through Jan. 29

	Record	Pts	Prv
1. Kentucky (63)	21-1	1,623	1
2. Syracuse (2)	22-1	1,550	3
3. Ohio St.	19-3	1,498	4
4. Missouri	19-2	1,363	2
5. North Carolina	18-3	1,331	7
6. Baylor	19-2	1,310	6
7. Duke	18-3	1,250	8
8. Kansas	17-4	1,178	5
9. Michigan St.	17-4	1,098	10
10. Murray St.	21-0	979	11
11. Nevadas-Las Vegas	20-3	936	12
12. Florida	17-4	861	14
13. Creighton	20-2	803	15
14. Georgetown	16-4	762	9
15. Marquette	18-4	682	17
16. Virginia	17-3	578	19
17. San Diego St.	18-3	566	13
18. Saint Mary's (Cal)	21-2	472	21
19. Wisconsin	17-5	415	25
20. Indiana	17-5	395	16
21. Florida St.	14-6	375	23
22. Mississippi St.	17-5	329	18
23. Michigan	16-6	305	20
24. Gonzaga	17-3	141	—
25. Vanderbilt	16-5	102	—

Others receiving votes: Harvard 69, Louisville 65, Kansas St. 40, West Virginia 12, Wichita St. 9, Nevada 6, Notre Dame 6, Southern Miss. 5, Iowa St. 3, Long Beach St. 3, Iona 2, UConn 2, Illinois 1.
Ballots Online: http://tinyurl.com/43u6jr6

SOCCER

AFRICAN CUP OF NATIONS

FIRST ROUND

x-advances to quarter-finals

GROUP A

	GP	W	D	L	GF	GA	Pts
x-Zambia	3	2	1	0	5	3	7
x-Equatorial Guinea	3	2	0	1	3	2	6
Libya	3	1	1	1	4	4	4
Senegal	3	0	0	3	3	6	0

Sunday's results
At Malabo, Equatorial Guinea
Zambia 1 Equatorial Guinea 0
At Bata, Equatorial Guinea
Libya 2 Senegal 1

GROUP B

	GP	W	D	L	GF	GA	Pts
x-Ivory Coast	3	3	0	0	5	0	9
x-Sudan	3	1	1	1	4	4	4
Angola	3	1	1	1	4	5	4
Burkina Faso	3	0	0	3	2	6	0

Yesterday's results
At Bata, Equatorial Guinea
Sudan 2 Burkina Faso 1
At Malabo, Equatorial Guinea
Ivory Coast 2 Angola 0

GROUP C

	GP	W	D	L	GF	GA	Pts
x-Gabon	2	2	0	0	5	2	6
x-Tunisia	2	2	0	0	4	2	6
Morocco	2	0	0	2	3	5	0
Niger	2	0	0	2	1	4	0

Today's games
All Times Eastern
At Franceville, Gabon
Gabon vs. Tunisia, 1 p.m.
At Libreville, Gabon
Niger vs. Morocco, 1 p.m.

GROUP D

	GP	W	D	L	GF	GA	Pts
Ghana	2	2	0	0	3	0	6
Guinea	2	1	0	1	6	2	3
Mali	2	1	0	1	1	2	3
Botswana	2	0	0	2	1	7	0

Tomorrow's games
At Libreville, Gabon
Botswana vs. Mali 1 p.m.
At Franceville, Gabon
Ghana vs. Guinea, 1 p.m.

QUARTER-FINALS

Saturday, Feb. 4
At Bata, Equatorial Guinea
Zambia vs. Sudan, 11 a.m.
At Malabo, Equatorial Guinea
Ivory Coast vs. Equatorial Guinea, 2 p.m.

SPAIN

LA LIGA

Team	GP	W	D	L	GF	GA	Pts
Real Madrid	19	16	1	2	67	18	49
Barcelona	20	13	6	1	59	12	45
Valencia	20	10	6	4	31	22	36
Levante	20	9	4	7	26	24	31
Espanyol	20	9	4	7	22	21	31
Atletico Madrid	20	8	5	7	31	27	29
Athletic Bilbao	20	7	8	5	30	25	29
Malaga	20	8	4	8	24	29	28
Getafe	20	7	6	7	22	26	27
Osasuna	20	6	9	5	22	32	27
Sevilla	20	6	8	6	21	22	26
Real Sociedad	20	6	6	8	22	28	24
Real Betis	20	7	2	11	23	29	23
Rayo Vallecano	20	6	4	10	23	31	22
Granada	20	6	4	10	14	27	22
Mallorca	20	5	7	8	17	25	22
Racing Santander	20	4	9	7	17	25	21
Villarreal	20	4	8	8	18	28	20
Sporting Gijon	20	5	3	12	19	38	18
Zaragoza	19	2	6	11	14	33	12

Yesterday's result
Atletico Madrid 1 Osasuna 0

NFL PLAYOFFS

PRO BOWL

Sunday's result
At Honolulu
AFC 59 NFC 41

SUPER BOWL

Sunday, Feb. 5
At Indianapolis
All times Eastern
New England vs. N.Y. Giants, 6:20 p.m.

SUNDAY

AFC 59, NFC 41

NFC	**14**	**14**	**7**	**6**	**41**
AFC	**14**	**14**	**10**	**21**	**59**

First Quarter
NFC—Fitzgerald 10 pass from Rodgers (Akers kick), 9:14.
NFC—Fitzgerald 44 pass from Rodgers (Akers kick), 9:05.
AFC—Green 34 pass from Roethlisberger (Janikowski kick), 6:54.
AFC—Marshall 74 pass from Roethlisberger (Janikowski kick), 2:35.
Second Quarter
NFC—J.Graham 2 pass from Brees (Akers kick), 9:47.
AFC—Marshall 29 pass from Rivers (Janikowski kick), 5:22.
NFC—G.Jennings 11 pass from Brees (Akers kick), 2:36.
AFC—Gates 27 pass from Rivers (Janikowski kick), :00.
Third Quarter
AFC—FG Janikowski 37, 12:23.
NFC—S.Smith 55 pass from Newton (Akers kick), 11:12.
AFC—Marshall 47 pass from Dalton (Janikowski kick), 3:53.
Fourth Quarter
AFC—Leach 1 run (Janikowski kick), 11:40.
AFC—Marshall 3 pass from Dalton (Janikowski kick), 8:25.
AFC—D.Johnson 60 interception return (Janikowski kick), 5:16.
NFC—Fitzgerald 36 pass from Newton (kick failed), 2:37.
Att. — 48,423 at Honolulu.

TEAM STATISTICS	NFC	AFC
First downs	26	26
Total Net Yards	546	596
Rushes-yards	16-73	24-126
Passing	473	470
Punt Returns	0-0	4-115
Kickoff Returns	4-135	1-29
Interceptions Ret.	2-4	3-176
Comp-Att-Int	33-59-3	24-39-2
Sacked-Yards Lost	1-8	0-0
Punts	4-51.0	0-0.0
Fumbles-Lost	3-2	1-1
Penalties-Yards	0-0	0-0
Time of Possession	33:03	26:57

INDIVIDUAL STATISTICS
RUSHING—NFC, Lynch 8-43, Newton 4-14, McCoy 2-10, Forte 2-6. AFC, Jones-Drew 6-56, Mathews 8-35, McGahee 4-23, Leach 3-7, Jackson 1-7, Dalton 2-(minus 2).
PASSING—NFC, Newton 9-27-3-186, Brees 10-14-0-146, Rodgers 13-17-0-141, Lee 1-1-0-8. AFC, Rivers 11-19-1-190, Roethlisberger 6-11-1-181, Dalton 7-9-0-99.
RECEIVING—NFC, Gonzalez 7-114, Fitzgerald 6-111, S.Smith 5-118, J.Graham 5-74, G.Jennings 5-42, White 2-25, Peterson 1-8, Forte 1-4, Rodgers 1-(minus 15). AFC, Marshall 6-176, Jackson 4-64, Gates 3-67, Green 2-42, Wallace 2-34, Jones-Drew 2-25, Brown 2-15, McGahee 1-20, Gresham 1-14, Leach 1-13.
MISSED FIELD GOALS—None.

NBA

EASTERN CONFERENCE

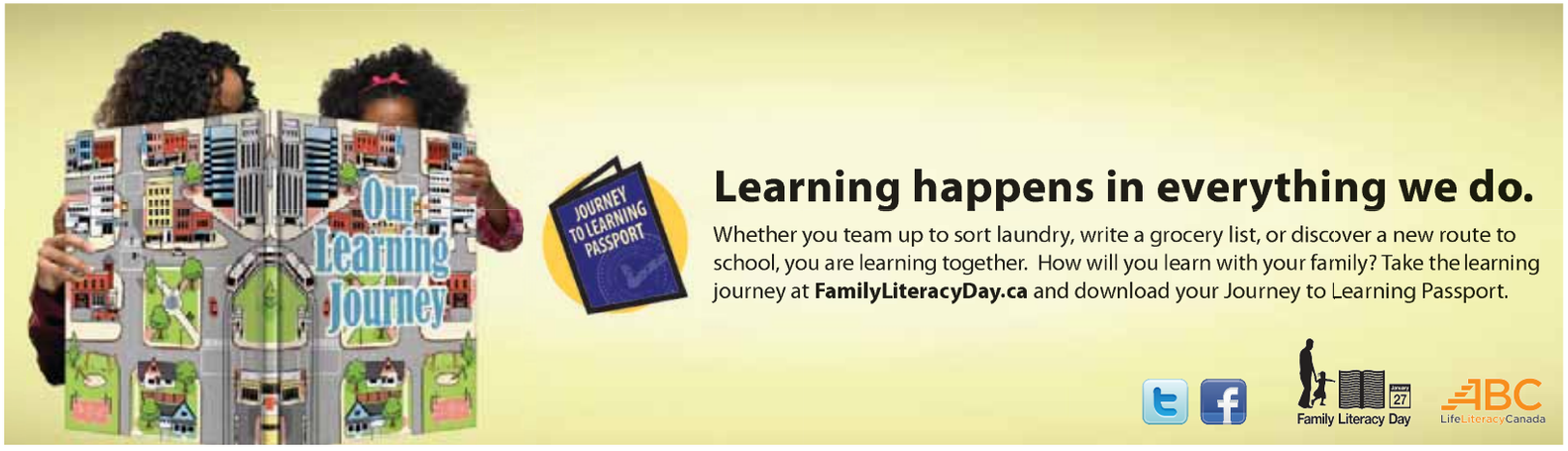
	W	L	Pct	GB
d-Chicago	18	5	.783	—
d-Miami	16	5	.762	1
d-Philadelphia	15	6	.714	2
Atlanta	15	6	.714	2
Indiana	13	6	.684	3
Orlando	12	9	.571	5
Boston	9	10	.474	7
Milwaukee	8	11	.421	8
Cleveland	8	11	.421	8
New York	7	13	.350	9½
New Jersey	7	14	.333	10
Toronto	7	14	.333	10
Detroit	4	17	.190	13
Washington	4	17	.190	13
Charlotte	3	18	.143	14

WESTERN CONFERENCE

	W	L	Pct	GB
d-Oklahoma City	16	3	.842	—
Denver	14	6	.700	2½
d-L.A. Clippers	11	6	.647	4
d-Dallas	13	8	.619	4
Utah	11	7	.611	4½
Houston	12	8	.600	4½
Portland	12	8	.600	4½
L.A. Lakers	12	9	.571	5
San Antonio	12	9	.571	5
Memphis	10	9	.526	6
Minnesota	9	11	.450	7½
Phoenix	7	12	.368	9
Golden State	6	12	.333	9½
Sacramento	6	14	.300	10½
New Orleans	4	17	.190	13

d-division leader

Last night's results
Chicago 98 Washington 88
Philadelphia 74 Orlando 69
Miami 109 New Orleans 95
Minnesota at Houston
San Antonio at Memphis
Detroit at Milwaukee
Dallas at Phoenix
Portland at Utah
Oklahoma City at L.A. Clippers
Sunday's results
Miami 97 Chicago 93
Cleveland 88 Boston 87
Toronto 94 New Jersey 73
Indiana 106 Orlando 85
Dallas 101 San Antonio 100 (OT)
Atlanta 94 New Orleans 72
L.A. Lakers 106 Minnesota 101
L.A. Clippers 109 Denver 105
Tonight's games
All Times Eastern
Boston at Cleveland, 7 p.m.
New Jersey at Indiana, 7 p.m.
Atlanta at Toronto, 7 p.m.
Detroit at New York, 7:30 p.m.
Denver at Memphis, 8 p.m.
Sacramento at Golden State, 10:30 p.m.
Charlotte at L.A. Lakers, 10:30 p.m.
Tomorrow's games
Washington at Orlando, 7 p.m.
Chicago at Philadelphia, 7 p.m.
Toronto at Boston, 7:30 p.m.
Detroit at New Jersey, 7:30 p.m.
Oklahoma City at Dallas, 8 p.m.
Phoenix at New Orleans, 8 p.m.
Indiana at Minnesota, 8 p.m.
Miami at Milwaukee, 8 p.m.
Houston at San Antonio, 8:30 p.m.
Charlotte at Portland, 10 p.m.
L.A. Clippers at Utah, 10:30 p.m.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Colts owner trying to keep focus off QB

Jim Irsay did his own politicking Monday.

Instead of talking about Peyton Manning and the franchise quarterback's future in Indianapolis, the Colts owner quickly tossed the football to a real politician.

"When I was asked about Peyton, I was going to say why don't you ask Mitch (Daniels) about his presidential run? Any comments, Mitch?" Irsay said, drawing laughter as he turned to the Indiana governor.

Irsay's diversionary tactic didn't work.

With the Manning-Irsay spat still dominating talk around town, Irsay tried to deflect attention away from this week's biggest distraction and put the focus squarely back on the Super Bowl.

"I'm not talking about Peyton this week," Irsay said. "When Peyton and I talked (last week), we both thought the focus should be on the Super Bowl. We want to focus on the Super Bowl." THE ASSOCIATED PRESS

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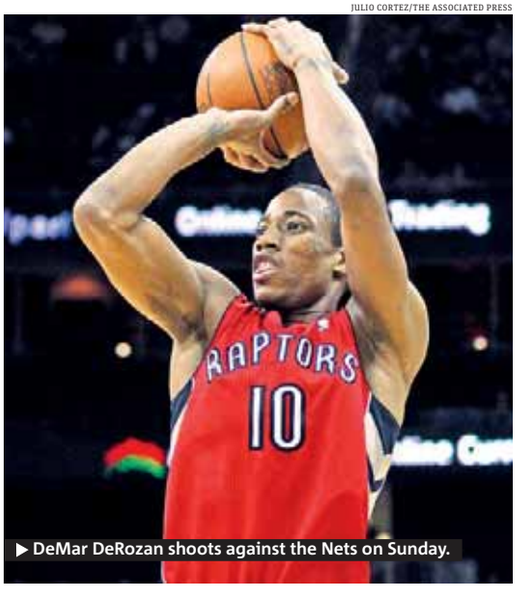
Spotlight shifts to DeRozan

With Bargnani out, Raptors look to third-year player to provide scoring

JULIO CORTEZ/THE ASSOCIATED PRESS



▶ DeMar DeRozan shoots against the Nets on Sunday.

DeMar DeRozan will look at the boxscore from his most impressive outing in weeks and the Raptors can only hope something clicks in his brain when he does.

In Sunday's 94-73 triumph over the New Jersey Nets, DeRozan did all the attacking with all the aggression his coaches have wanted all season, and it turned into a career night for him.

The third-year swingman got to the free throw line 16 times — a single-game high for him — and it was the first game in weeks in which he was a dominant offensive force.

"Getting to the free throw line 16 times was huge for him," coach Dwane Casey said after the game. "That's what he has to continue to do, to attack, because he's too athletic and too quick not to get to the rim."

HAWKS RAPTORS

▶ **Time:** 7 p.m.
TV: Sportsnet 1

The Raptors sorely need DeRozan to continue to have that kind of impact since they are without leading scorer Andrea Bargnani and his 23 points a game for the foreseeable future. And with bench sparkplug Leandro Barbosa nursing a sore ankle that kept him out of the Nets game, there's even more scoring responsibility heaped onto DeRozan.

"We need games like (the New Jersey win) to build our confidence, understand that Dre is out for a while, we got to understand how to play with each other, how to share the ball and how to use each other," said DeRozan, who had shot double-figure free throws in only two of Toronto's first 20 games.

"Once we get that down pat, we'll have lots of games like we had (Sunday)."

DeRozan might also have benefited from playing a slightly different position Sunday. When Casey went to a smallish backcourt of Jose Calderon and Jerryd Bayless, it allowed DeRozan to operate against small forwards rather than shooting guards and his athleticism allowed him to be more comfortable attacking the rim.

"Running the floor, handling the ball coming off screens, he wasn't going to be denied coming off screens and, being physical and aggressive, going to the basket was big," said Casey. TORSTAR NEWS SERVICE

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TO: **HERMI KULLNIG** and **WALTE HAHN** the domiciles and/or places of residence of all of said distributes being unknown and which cannot, after due diligence, be ascertained, and if any of such distributes be dead then all of the distributees executors, administrators, devisees and legatees of such deceased distributees and all persons who by purchase, inheritance or otherwise, have or claim to have an interest in this matter, derived through any of such unknown distributees, executors, administrators, devisees and legatees and all other persons, if any there be, their names and domiciles and/or places or residence being unknown and which cannot, after due diligence, be ascertained.

A petition having been duly filed by Virgina Smith domiciled at 75 North Street, Suite 400. Pittsfield, MA 01201

YOU ARE HEREBY CITED TO SHOW CAUSE before the Surrogate's Court, Rensselaer County, at Troy, New York, on **MARCH 6, 2012** at 10:00 o'clock in the forenoon of that day why a decree should not be made in the Estate of Edith Strobl, lately domiciled at 85 Bloomington Drive, Town of North Greenbush, County of Rensselaer and State of New York, admitting to probate a Will dated November 10, 2000 as the Will of Edith Strobl, deceased, relating to real and personal property, and directing that:

Letters Testamentary issue to: **Virginia Smith**

DATED, ATTESTED AND SEALED
(LS) January 12, 2012

HON. CHRISTIAN F. HUMMEL
SURROGATE
PAUL V. MORGAN, JR.
CHIEF CLERK

Jennifer M. Boll, Esq.
Attorney for Petitioner
54 State Street, Suite 803, Albany, New York 12207
Address of Attorney

518-463-3990
Telephone Number

(Note: This citation is served upon you as required by law. You are not required to appear. If you fail to appear it will be assumed you do not object to the relief requested. You have a right to have an attorney appear for you.)

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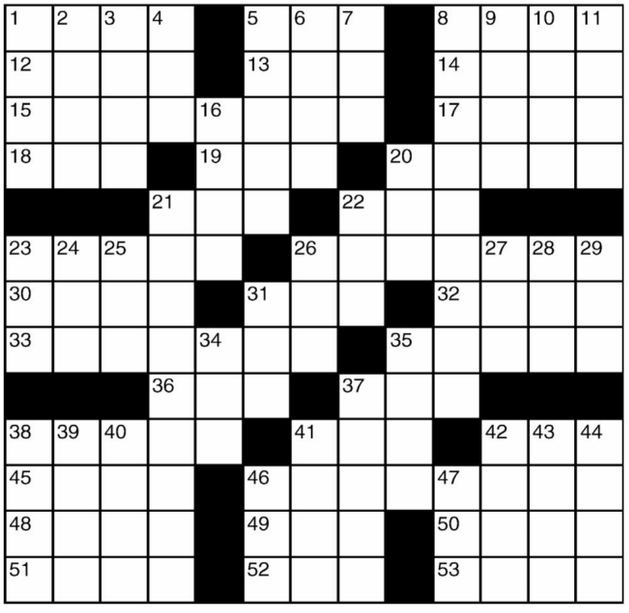
Crossword



Across

1 "OK"
5 Unruly crowd
8 Trail
12 Creche trio
13 Flightless bird
14 Great Lake
15 Important campaigns
17 Streamlet
18 Beerlike beverage
19 Triumph
20 Choir's rendition
21 Historic time
22 Greek cross
23 Sucker
26 Processions
30 Grand story
31 Moving truck
32 Use an old phone
33 Video-game parlors
35 Irritable
36 Snapshots, for short
37 Ph. bk. data
38 Inexpensive
41 Atmosphere
42 Eggs
45 Highway
46 Soldiers' "pineapples"
48 Differently
49 And so on (Abbr.)
50 Sweater eater
51 Drenches
52 Old soap ingredient
53 Helen's home

Down

1 Village People hit
2 Count's counterpart
3 Malaria symptom
4 — and hers
5 TV, radio, et al.
6 Portent
7 Greyhound vehicle
8 Convinces
9 Met melody
10 Work the soil
11 Steerer's place
16 Wrong
20 Standard
21 Adventures of a sort
22 Catch some rays
23 Pod dweller
24 Spring mo.
25 Twitch
26 — de deux
27 Insult (Sl.)
28 Dine
29 Crafty
31 Annoy
34 Party bowlful
35 Ripped
37 Family member
38 Coxswain's group
39 Pit
40 Right on the map?
41 Bohemian
42 Stench
43 No from the White House
44 Wan
46 Toothpaste type
47 Qty.

▶ Monday's answer

I	M	P	■	S	H	E	■	W	A	I	L	
R	E	I	N	■	P	E	W	■	I	D	L	Y
I	O	T	A	■	A	R	E	■	D	O	L	E
S	W	A	R	M	■	B	R	A	E	■	■	■
■	■	■	R	I	B	■	S	T	R	A	F	E
C	A	J	O	L	E	D	■	M	E	D	A	L
A	V	O	W	■	D	U	G	■	C	A	N	S
L	E	V	E	E	■	D	I	V	E	R	S	E
F	R	E	S	N	O	■	L	E	I	■	■	■
■	■	■	C	E	L	L	■	E	V	I	C	T
F	L	E	A	■	D	A	B	■	E	R	I	E
R	A	M	P	■	E	K	E	■	R	O	A	N
A	G	U	E	■	N	E	T	■	■	N	O	T

Sudoku

			3					
		5		4		7		
		8	7				1	9
1		9			6			3
6								1
3			8			4		2
7	2				5	3		
		1		6		8		
					4			

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Monday's answer ▶

5	7	2	6	4	3	1	9	8
8	4	3	1	9	7	2	6	5
1	9	6	2	8	5	3	4	7
9	5	1	7	6	2	8	3	4
3	2	8	5	1	4	9	7	6
4	6	7	8	3	9	5	2	1
7	3	9	4	5	8	6	1	2
2	1	5	9	7	6	4	8	3
6	8	4	3	2	1	7	5	9

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BK
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FROM KC

MehnerKing
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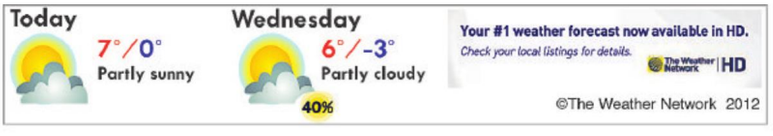

Today's horoscope

For today's crossword answers and for expanded horoscopes, go to metronews.ca

♈ Aries March 21-April 20
Put your worries and woes — such as they are — behind you today and do things that remind you how good it is to be alive.

♉ Taurus April 21-May 21
If you dream about moving up in the world and of being someone special, now is the time to make it happen.

♊ Gemini May 22-June 21
Whatever restrictions you have been under these past few weeks seem to be disappearing fast.

♋ Cancer June 22-July 22 Stick to the facts today, especially when dealing with money matters.

♌ Leo July 23-Aug.23
Life should be about people, not profits.

♍ Virgo Aug. 24- Sept. 22
If you are not sure which of your many brilliant ideas you should be following at the moment just ask a friend or a trusted colleague for their opinion.

♎ Libra Sept. 23-Oct. 23
You seem to be in an optimistic mood at the moment and that's great because all things are possible at this time of year.

♏ Scorpio Oct. 24-Nov. 22
You are likely to be somewhat emotional today but if it means other people are made aware of your needs then it's a good thing.

♐ Sagittarius Nov. 23-Dec. 21 Even if you say the wrong things today you will get away with it.

♑ Capricorn Dec. 22-Jan. 20
You can and you must turn your attention to matters of a business and financial nature.

♒ Aquarius Jan. 21-Feb. 18
Good things are starting to happen in your life and there will be plenty more of them over the next two or three weeks.

♓ Pisces Feb. 19-March 20
Sometimes you can be rather thin-skinned and there is a danger you will react to provocation today, be it real or imagined.

SALLY BROMPTON

Caption contest

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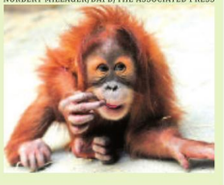

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Offers available for a limited time and subject to change without notice. **±Includes the Government Regulatory Recovery Fee which varies by province and ranges from $2.35-$2.97/line/month ($2.35 AB/BC/MB/ON, $2.75 QC, $2.88 NB, $2.97 NL, $2.78 NS, $2.85 PEI, $2.97 SK).** It is applied to help fund fees, costs and other amounts related to federal, provincial and/or municipal mandates, programs and requirements. **It is not a tax or charge the government requires Rogers to collect and is subject to change.** See rogers.com/regulatoryfee for details. Early cancellation fees or device savings recovery fees and/or service deactivation fee apply according to the terms of your agreement. Where applicable, additional airtime, data, long distance, roaming, options and taxes are extra and billed monthly. **1** Compatible device required. Includes Extreme text/picture/video messages sent from Canada to Canadian wireless number and received texts from anywhere. Sent/received premium texts (alerts, messages related to content and promotions), sent international texts and sent/received Extreme Text picture/video/IM/email (as applicable) while roaming not included and charged at applicable rates. To learn more about Extreme text, go to rogers.com/extremetext. **2** Local calls only, excluding calls made through Call Forwarding, Video Calling or similar services. Evenings are from 6 pm to 7 am, Monday to Friday, and weekends are from 6 pm Friday to 7 am Monday. **3** Unlimited Canada-wide calls apply to 10 numbers on MY10 list. International long distance, text-to-landline and roaming charges extra. Only 10-digit Canadian-based numbers eligible (excludes customers' own wireless number, voicemail retrieval number and special numbers like 1-800/1-900). One MY10 update/month. Excludes premium messages (roaming, international, alerts, contests and promotions). Other conditions may apply, visit rogers.com/my10 for details. **4** Additional local minutes 45¢/min. ©2012